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Put a cork in it

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Family groups want gay union referendum

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Gov't approves taxes on card payments

Consumer rights association DECO have this week promised a boycott following revelations that the Government has given shopkeepers carte blanche when it comes to charging customers for paying with a bank card when purchasing goods. (See Page 9)

Benfica draw level with Braga

After a convincing 6-1 victory over Nacional, Benfica are now on level terms with Sporting de Braga as the leaders dropped two points by drawing with Rio Ave. FC Porto now trail by two and Sporting by ten. (See Page 55)

Weekend weather

Lisbon: Weather patterns will continue to resemble early autumn this weekend. There will be a slight chance of rain next Wednesday though. **Faro:** The weekend will start with heavy cloud before clearing up completely on Sunday. The same is expected next Thursday, which will be accompanied by a fall in temperatures. **Oporto:** After a cloudy start to the weekend, the sun will come out in force on Sunday. Rain is forecast for next Wednesday.

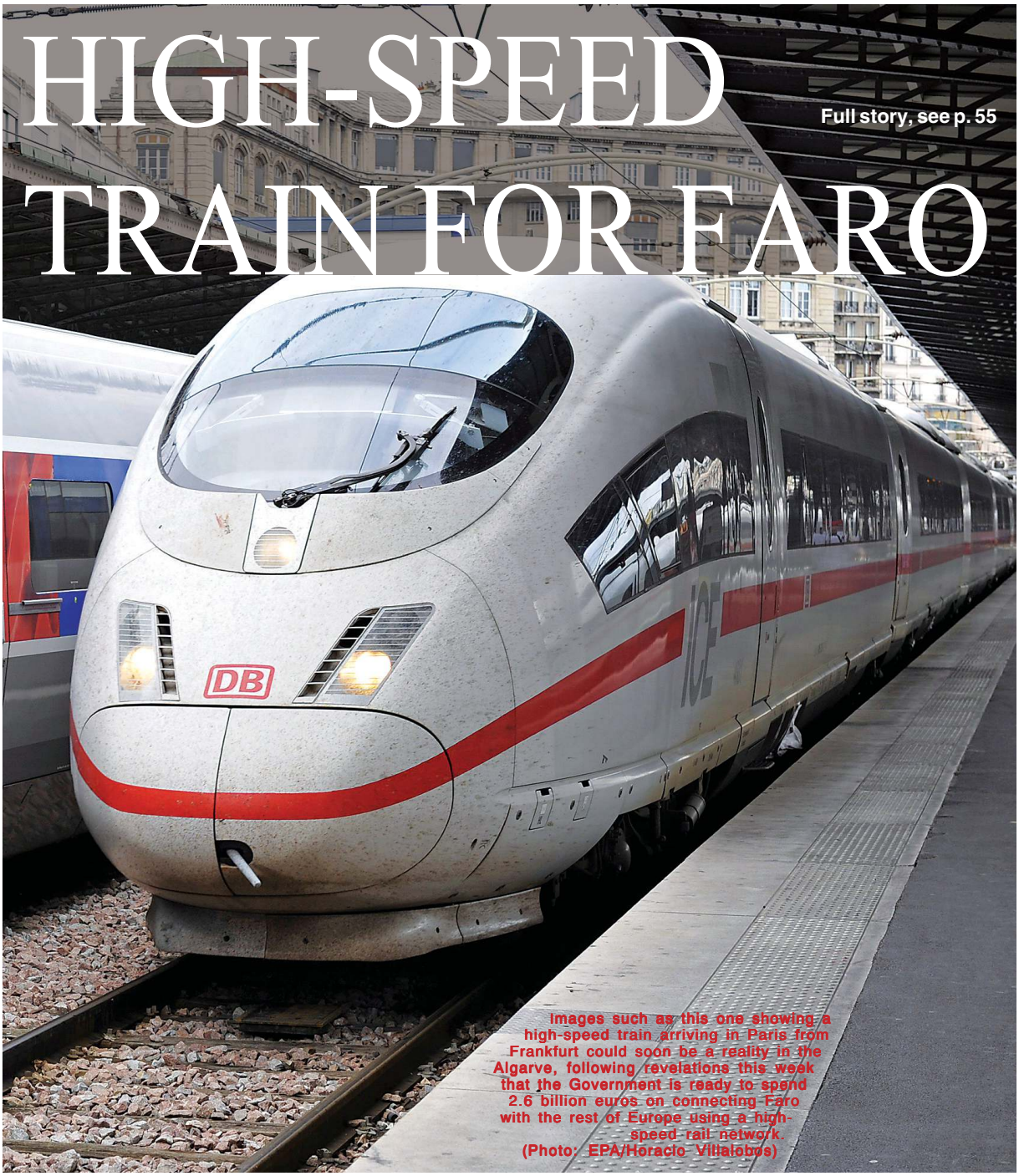
Upcoming holidays in Portugal

Nov 1. Some shops usually open on Sundays may be closed.

The re-elected Government has this week stated it wants two additional high-speed rail links with the rest of Europe

HIGH-SPEED TRAIN FOR FARO

Full story, see p. 55



Images such as this one showing a high-speed train arriving in Paris from Frankfurt could soon be a reality in the Algarve, following revelations this week that the Government is ready to spend 2.6 billion euros on connecting Faro with the rest of Europe using a high-speed rail network. (Photo: EPA/Horacio Villalobos)

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Global warming – thermometers could rise by 8º in Portugal

A study whose findings were unveiled earlier this week in London has indicated that Portuguese summers could be eight degrees Celsius warmer should global averages rise four degrees above those set in the pre-industrial period.

A new map illustrating the global consequences of failing to keep temperature change to under 2°C was launched this week by the UK Met Office.

The map was developed using the latest peer-reviewed science from the Hadley Met Office Centre and other leading impact scientists. It highlights some of the consequences that may occur if the global average temperature rises by 4°C above the pre-industrial climate average, and reveals that Portugal will be among the countries hardest hit in such an event.

The map shows that a four degree average rise will not be spread uniformly across the globe. The land will heat up more quickly than the sea, and high latitudes, particularly the Arctic, will have larger temperature increases. The average land temperature will be 5.5 degrees above pre-industrial levels.

The impact on human activity shown on the map is only a selection of what may occur, and highlights the severe effects on water availability, agricultural productivity, extreme temperatures and drought, the risk of forest fires and rises in sea-levels.

Agricultural yields are expected to decrease for all major cereal crops in all major regions of production. Half of all Himalayan glaciers will be significantly reduced by 2050, leading to 23 percent of the population of China being deprived of the vital dry season glacial melt water source.

The map can be seen by visiting http://www.actoncopenhagen.decc.gov.uk/content/en/embeds/flash/4-degrees-large-map-final

This study follows a report by a Portuguese expert who has warned that with spring already lasting ten days longer, summer in Portugal is forecast to last between five and six months by the middle on this century.

And judging by the current weather patterns, his prediction does not appear that far-fetched.

The official bathing season, which commences on June 1st, could be forced to face a revision as thermometers start hitting the 30-degree mark earlier in the year, and lasting well into October, as people across the country can testify as we approach November.

According to one of Portugal's leading specialists in climate change, "With the rise in average temperatures, what we know as summer will be extended. Within the next 50 years, we will have five or six months of summer as opposed to two or three", explained Filipe Duarte Santos.

Portugal was in 2006 singled out in the Stern Review as being one of the European countries that will suffer most from global warming.

"The Mediterranean will see an increase in water shortages, heatwaves and forest fires. Portugal, along with Spain and Italy, will be the hardest hit, which could result in a swing northwards in summer tourism", explained the report.

The four years leading up to 2007 were the hottest on record in Portugal while the drought in 2005 and 2006 was only broken by heavy rains and floods two winters ago.

Ukrainian climate change activists make a giant 350° formation during an ecological rally on the International Day of Climate Action in Kiev, Ukraine, 24 October 2009. The action was one of thousands of similar events to be held in 170 countries worldwide in an bid to reduce the amount of carbon in the atmosphere to a level of 350 parts per million. (Photo: EPA/Sergey Dolzhenko)

Environmentalists threaten action over mega Vilamoura development

Environmental group Almargem have threatened to submit an official complaint to the European Courts against the Portuguese State should the new Environmental Minister approve the construction of a tourist project in Vilamoura named 'Lacustre City'.

While the Almargem association (Association for the Defence of the Algarve's Cultural and Environmental Heritage) hopes that the arrival of a new Environmental Minister will entail a re-evaluation of the project's Environmental Impact Assessment (AIA), it has warned that failure to do so could ultimately result in legal action against the Government.

Almargem alleges that the current AIA "fails to recognise the culminated impact that will result from the thousands of hotel rooms that have already been built, in conjunction with this new project that will create around 3,000 more".

Recently nominated Minister for the Environment Dulce Pássaro explained: "If unfavourable feedback is not reported following a re-evaluation of the project, and if no guarantees are given to ensure the protection of the natural elements involved, then we will have to take the necessary course of action to make sure the habitats are effectively protected" said Luís Brás, spokesperson for Almargem.

Developed by Lusort, Lacustre City is believed to represent an investment of €1 billion, but, Almergem claims, "Overrides anything that is perceived as an environmental conditioning factor".

Almargem describes Lusort's project as "A hurtful axing of the preservation of the region's habitats as it impacts on one of Vilamoura's most noble areas which should already have been officially classified".

According to the project's AIA, which was put forward for public discussion in September, the construction of Lacustre City will involve the excavation of three lakes and various sailable canals.

As a result Almargem believes that the remaining land and fertile ground to the left of the stream that runs through to Quarteira will be flooded, and a large part of Vilamoura's reed plantation will be destroyed.

"This reed plantation integrates the Regional Ecological Network and is recognised by Bird Life International as an IBA (Important Bird Area)", Luís Brás recalled.

He further stressed that "Anywhere in the world, an IBA is automatically an Area of Special Protection".

Lacustre City is the second phase of Vilamoura's urban reconstruction plan, named Vilamoura XXI, and was previously restricted by the former Regional Plan for Algarve Territory Ordaining. It was approved on an 'exceptional basis' during the last few months of Cavaco Silva's Government in 1995.

The project comprises a commercial complex as well as residential and tourist developments (two five-star hotels and two tourist resorts) and will spread over 168 hectares of land that includes Vilamoura's present urban area and Quarteira's Ribeira area, north of the Marina.

It is the biggest tourist project planned for the Algarve and involves large investments from the Cordovan group Prasa and Procam, and Real Estate group Caixa Catalunya.

First Lynx settles in Silves' reproduction centre

The first of 16 Iberian Lynxes that will arrive at the centre over the coming weeks was welcomed at the purpose-built facilities earlier this week, having travelled from a zoo in Jerez de la Frontera, Spain.

It was released with in the 100,000 square-metre centre, which is much larger than the pen it was living in, weeks ahead of its counterparts and accompanied by a vet.

Named Azahar, the five-year-old female Iberian Lynx travelled alone inside a box and was constantly monitored by a veterinary.

On being released in to her new home in Silves, the animal appeared to be slightly nervous and apprehensive.

She has been living in captivity at Jerez de la Frontera's zoo for the past three years and was transferred to the reproduction centre in Silves under a protocol signed between the two countries in an attempt to boost the dwindling Iberian Lynx population.

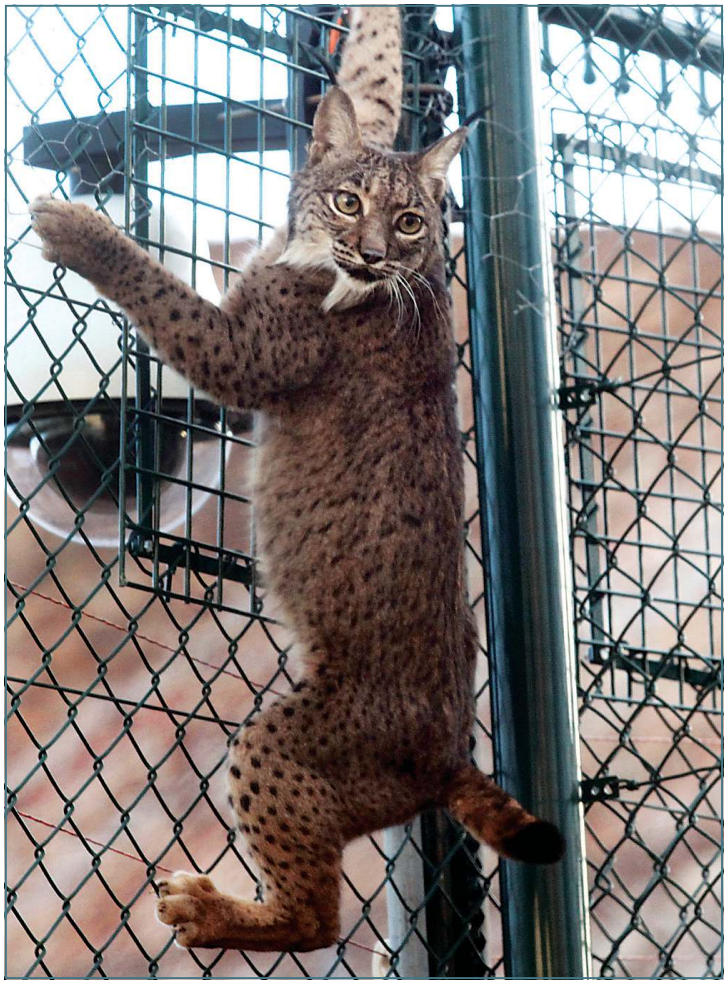
The protocol, signed between the Environmental Ministers of Spain and Portugal, in 2007, aims to preserve animal species that are on the brink of extinction.

Azahar was captured when she was two years of age, in January 2006, in Sierra Morena (Andalusia).

She was taken into captivity after being taped by CCTV cameras and appeared to be very thin and had a bump on her back.

The lynx was x-rayed and was found to be suffering from a broken vertebra.

Photo right: Azahar settling into her new homeon Monday. (Photo: Lusa / Nuno Veiga)



Put a cork in it

A petition which now has close to eight thousand signatories is currently circulating the internet in a bid to ensure wines sold in Portugal are identified by the bottle stoppers they use.

The petition, which can be signed by visiting http://www.peticao.ecologicalcork.com/ calls on the Government to allow consumers the opportunity to choose whether or not they want to buy wines with screw tops, synthetic bottle stoppers or real corks.

Currently, consumers only discover which type of bottle stopper has been used after having opened a bottle.

The petition will be presented to Parliament for debate once it reaches 10,000 signatories.

Portugal accounted for 60 per-cent of world cork sales in 2005, worth around US$ one billion and currently employs around 12,000 workers in this sector.

According to a recent WWF report, three-quarters of the western Mediterranean's cork oak forests could be lost within ten years, threatening an economic and environmental crisis.

The WWF has also warned that up to two million hectares of cork oak forests — around half the size of Switzerland — will be put at a heightened risk of desertification and forest fires due to a predicted decline in the cork stoppers market.

The report, Cork Screwed?, says that the future survival of cork forests strongly depends upon the market for cork bungs.

However, the trend away from cork stoppers could lead, in the worst case scenario, to synthetic and screw tops holding 95 per cent of the wine closure market by 2015.

This would result in the loss of 62,500 jobs worldwide in cork-producing regions.

Endangered species such as the Iberian lynx, Barbary deer and the Imperial Iberian eagle would be further put at risk of extinction.

"The cork oak forests could face an economic and environmental crisis unless we take action to secure their future now," said Rebecca May, a forests campaigner with WWF-UK.

"It is vital that the wine and cork industries maintain the market for cork stoppers and in turn, help ensure the survival of the cork oak forests."

Cork stoppers, which are biodegradable and can be recycled into other products, represent almost 70 per cent of the total cork market value. Every year over 15 billion cork bungs are produced and sold to the wine industry. The cork landscapes provide a vital source of income for more than 100,000 people in the cork-producing countries of Portugal, Spain, Algeria, Morocco, Italy, Tunisia and France.

Cork harvesting is an environmentally-friendly process during which not a single tree is cut down. Synthetic and screw top closures are more harmful to the environment because they use more energy in production and are oil-based products.

WWF is calling on the cork industry to continue to invest in the quality of cork stoppers and the wine industry to make cork the preferred closure option. Better management practices in cork oak landscapes also need to be coupled with Forest Stewardship Council (FSC) accreditation, an internationally recognized environmental certification system.

"A whole landscape, which has environmental as well as economic importance for the western Mediterranean is at risk," said Nora Berrahmouni, coordinator of WWF's Cork Oak Landscapes Programme. "We need to take action now so we don't lose this unique landscape forever."

Cork oak forests in Portugal cover an estimated 33 per cent of its land mass and are home to a number of rare and endangered species, particularly in Southern Portugal.

These include black storks and booted eagles, which are already disappearing in some areas, and the Iberian lynx, which over the past few years has been the subject of extensive reporting and campaigning.

Over the past ten years in the Algarve, cork forests have declined by 28 per cent.

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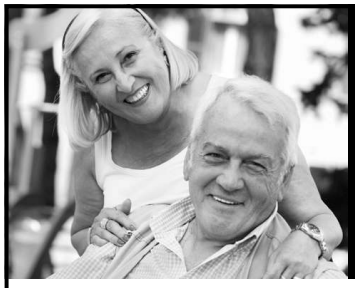

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A mock-up of two homosexual marriages during a demonstration in front of Parliament in October last year. (Photo: Lusa / Pedro Pina)

Family groups want gay union referendum

Catholic members of the Socialist Party have joined the chorus of calls emanating from dozens of family groups and associations demanding that the decision as to whether to grant homosexuals the same rights as heterosexuals should be decided in a referendum and not in Parliament.

A group of Socialist Catholics are seeking to have gay marriages put to a referendum should such legislation be passed.

The Group says it is hoping to collect around 75,000 signatures that will leave such a decision up to the electorate and not politicians alone.

But back-benchers from the ruling-Socialists are saying that the Government is looking to push through legislation before the state budget is tabled for approval.

This would give Prime Minister José Sócrates' cabinet little more than a month to prepare legislation legalising gay unions.

The Left Bloc, Communist Party and the Greens have all said they would support such a bill and have all spoken out against a referendum to decide the issue.

Earlier this year, the Secretary of the Portuguese Episcopal Conference (CEP), Catholic priest Manual Morujão, sent a message to Prime Minister José Sócrates warning the Church may urge its followers not to vote in the recent elections, should the parties support gay marriages.

But with elections now out the way, the timing of such legislation will now allow the Socialists four years to recover from any backlash from some of their more conservative voters, who will only be asked to cast a vote in 2013.

The thorny issue of gay unions has regularly come up for debate the past 12 months, with the staunchly Catholic country increasingly open to affording homosexuals equal rights.

A recent study into how Portuguese society feels in relation to homosexual parents revealed that Portugal actually has a 'very positive vision' regarding homoparenting, particularly concerning lesbian parentage.

The investigation was carried out as part of a doctorate thesis and was based on the opinions of university students studying to work in social services.

"In general, future social workers had very positive opinions concerning homoparenting", said Jorge Gato, a researcher from Oporto University's Collage of Psychology and Educational Sciences. Students involved in the research included future teachers, doctors, social workers and psychosocial assistants, who may have to work directly with these types of family units.

According to the researcher, "here in Portugal it is still quite difficult to talk about gay or lesbian families as there are no real figures. These families do exist, but they are invisible".

"There are no differences between children who are raised in homo-parental families from those brought up in other families", said the researcher, who stressed the biggest fear amidst homo-parental families was not being known as such, but that the child maybe discriminated against by society.

Saramago's latest novel a big hit in Brazil

Nobel laureate José Saramago's latest novel, 'Caim', topped Brazil's online sales last week, according to daily newspaper Folha de São Paulo.

The newspaper reported this week that a preliminary count showed the book, an iconoclastic account of the biblical story of Cain and Abel, was the top online seller during the first week of its release.

It said Saramago's latest success in Brazil was due to the "controversy created" by the leftist Portuguese author's controversial views about God, religion and the Bible.

The Nobel laureate created a stir in Portugal last week which has refused do die down after he described his iconoclastic return to a religious subject as "an exercise in freedom".

"It's not that this book is about misbehaving, but it's without doubt an insurrection, an appeal for all to wake up to looking for what lies on the other side of things", the 86-year-old author said.

In 'Caim', Saramago takes an ironic look at the Old Testament story of Adam and Eve's first son, Cain, who murdered his brother Abel out of jealousy over what he perceived to be God's preference for his sibling.

"None of this existed, obviously. This is a myth invented by men, just as God is a creation of men". "I simply lift the stones and show the reality hidden beneath them", Saramago said.

In response to Saramago, Portuguese Catholic leaders this week dismissed his presentation of his new, Old Testament-based novel as a publicity stunt unbecoming of a world-renowned author.

"A writer of José Saramago's stature should follow a more serious path", said Father Manuel Marujão, the spokesman for the country's Episcopal Conference, dismissing the author's description of the Bible as a "manual of bad habits, a catalogue of cruelties" as nothing more than "an advertising campaign".

Marujão said reading the latest novel by the 86-year-old Nobel laureate, an ironic account of the biblical story of Adam's and Eve's first son Cain, was not among his "priorities".

Catholic theologian Anselmo Borges reacted in a similar vein, telling the Lusa News Agency Saramago's view of the Scriptures was "completely unilateral".

The leftist author, who first clashed with the church two decades ago with his novel "The Gospel According to Christ", had presented "only one aspect of the Bible", ignoring its overall message of "salvation", the professor at Coimbra University said.

In earlier comments, Saramago forecast his latest work would not upset Catholics because only the Church "hierarchy" read the Bible.

"I admit the book may displease the Jews, but that bothers me little", he added. *TPN/Lusa*

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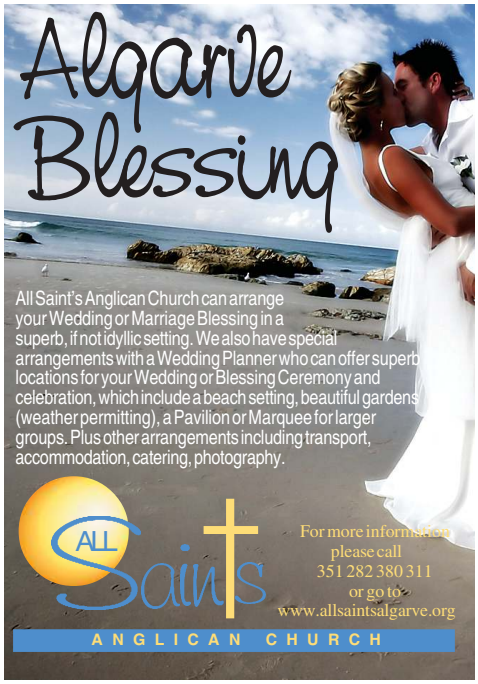

Lisbon more generous to poor countries than some powers

The US think tank Centre for Global Development has ranked Portugal ahead of the United States, Japan and Switzerland for its policies of aid to developing nations.

The CGD, in a classification announced last week in Stockholm, gave Portugal five points, 0.6 points better than in base year 2003, ranking it 15th out of 22 countries.

Topped by Sweden and Denmark, the listing placed Portugal in front of countries such as the United States, Italy, Switzerland and Japan in terms of overall generosity to poorer nations.

The CGD gave the Portuguese good grades for their efforts on the environmental and security aid fronts, but said it was weak in terms of help to refugees and of financial aid.

The study was carried out by researchers from the universities of Georgetown and Colorado.

Portugal says future foreign minister should be Socialist

The European Union's future foreign minister should come from the socialist camp, Portuguese Foreign Minister Luís Amado said this week before attending a meeting of EU diplomatic chiefs in Luxembourg.

"The profile is important, but more important from my point of view is that an accord in principle" be reached among the bloc's main political families, Amado said, noting that the European Commission chair is held by a conservative, former Portuguese Prime Minister José Manuel Durão Barroso.

He said the "most balanced" option politically would be for the bloc to share its two top posts under the Lisbon Treaty, which has yet to be fully ratified, between Europe's two biggest political families.

The reform charter approved in Lisbon in 2007 calls for the creation of two senior posts for the 27-nation bloc, enshrining a form of presidency and foreign policy chief. *TPN/Lusa*

New Socialist government open to 'political, social dialogue'

Portugal's new Socialist government took office on Monday with Prime Minister José Sócrates pledging political and social dialogue after losing his parliamentary majority in the elections last month.

"I fully assume the value of political and social dialogue that is the condition for stability", Prime Minister Sócrates said at the swearing in ceremony at Ajuda Palace, promising "institutional cooperation" with President Aníbal Cavaco Silva and the splintered legislature.

He alerted the opposition from left and right, however, that, while he was open to negotiations, he had "a democratic mandate" to continue "reforms and modernisation" for another four years.

Parliament's new arithmetic, José Sócrates added, required "a high sense of responsibility from all institutions and political actors".

The President, who spoke before Sócrates, also underlined the need for "responsibility and institutional loyalty", given the economic crisis facing Portugal.

Cavaco Silva urged political leaders to foster a "culture of negotiation".

The President, a former prime minister and ex-leader of the main opposition Social Democrats, said the Government could count on his "cooperation" and commitment to serving as a "reference of stability", pledging he would never be motivated by partisan "political calculation".

"The absence of a [parliamentary] majority does not imply the postponement of measures demanded by the country's predicament", he said, adding that the Government should work within the four-year horizon of a legislative term. *TPN/Lusa*

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New rules proposed to put a stop to European 'asylum lottery'

An asylum seeker from Mali, sits outside the Labour Council building that he and nearly two hundred other asylum seekers were evicted from during the night by riot police, in central Paris, France, 25 June. (Photo: EPA/Ian Langsdon)

The EU is rewriting its rules on who is entitled to asylum and how countries make that decision. The aim is to guarantee a higher level of protection for victims of persecution, prevent fraud, and achieve a more even application of the laws across the EU, the European Commission said in a recent press statement.

Currently there are large disparities in national acceptance rates for refugee applications. Seeking asylum in Europe is often likened to playing the lottery – except the stakes are much higher.

Unsuccessful candidates face deportation and, if they do need protection, the possibility of more persecution in their home countries.

Despite EU efforts to standardise asylum procedures over the last decade, the chances an applicant will succeed still vary tremendously depending on the country processing the claim.

Figures show that a Chechen, for example, stands a strong chance of being granted refugee status in some countries but almost no hope in others. The same is true for Iraqis.

Odds like these explain why many refugees travel through Europe to reach a country where they have a better chance of being granted residency. Such movement across borders – known as asylum shopping – is illegal; asylum-seekers are supposed to hand in their applications in the first EU country they reach.

Existing EU laws have been found to give member countries too much latitude. The rules tabled by the commission would leave less room for interpretation and speed up the examination process. EU countries would have to wrap up procedures within six months of the application.

Refugees are defined as people fleeing religious, ethnic or political persecution. Under international law they have a right to protection, even if they enter the EU illegally.

The EU is a major destination for asylum-seekers, with nearly 240,000 applications recorded in 2008. Decisions were taken on 193,690 new claims, 73 percent being rejected.

Most applicants were from Iraq, Russia, Somalia, Serbia and Afghanistan – in that order.

France had the most applicants (41,800), followed by the UK, Germany, Sweden, Greece, Belgium and the Netherlands. Malta and Cyprus had the highest number of applicants per resident.

The proposals will now go to the European Council and Parliament for comment and approval.

NEWS IN BRIEF

Portugal on top in World Travel Awards

Portugal has won in a number of World Travel Award categories announced last week at the Marriott's Praia De'l Rey Beach resort in Óbidos which won the title of Europe's leading golf and leisure resort. The title of Europe's leading boutique resort was awarded to Vila Joia in Albufeira. The Portuguese won in three categories and was elected Europe's best destination, best city break destination and also best cruise destination.

Senator McCain's mother hospitalised in Lisbon after fall

The 97-year-old mother of US Senator John McCain has been hospitalised in Lisbon after injuring herself in a fall, a hospital official said last Friday. Her condition was described as stable. Roberta McCain was taken to São José Hospital in the Portuguese capital on Thursday afternoon after falling. "The patient is under observation undergoing several tests and is in a stable clinical condition", said a spokesman for the Lisbon Hospital Centre.

BPI profits triple

Portuguese bank BPI has seen its profits rise to 130.6 million euros for the first nine months of the year, which is up 279.65 percent in relation to the same period last year.

Portugal trains more São Tomé police

Some 70 police officers in São Tomé and Principe are being trained by Portuguese instructors in a drive to modernize the islands' force and restore its public credibility, officials said. National police spokesman Armindo Tomba told Lusa last week that São Tomé's law enforcement agencies have undergone radical reform since a unit of elite Angola-trained agents, known as ninjas, stormed the capital's police headquarters to protest at pay and conditions. Tomba said the training programme will last two months and bring São Tomé's total number of police on the ground to about 200 to serve the country's population of just over 160,000.

Lisbon boosts role in UNESCO

Portugal has strengthened its role in UNESCO through its election to four more of the organisation's committees for a total participation on six, Ambassador Manuel Maria Carrilho said. Lisbon gained "a bolstered position", an "unprecedented presence for Portugal in UNESCO", the former Portuguese culture minister told the Lusa News Agency in Paris where the UN body was holding its general conference. Carrilho also said Lisbon would host an international conference on cultural diversity next year and that Brazil had proposed UNESCO adopt Portuguese as a working language in the name of the eight-nation "Lusophone bloc".

Fugitive Macao businessman fights extradition in Portugal

Businessman Pedro Chiang, sought by Interpol for more than one year on corruption charges in Macao, is in Portugal and has presented himself to Portuguese authorities, Chiang's lawyer said. The attorney told the Lusa News Agency his client arrived in Portugal recently after a stay in Cambodia and that he wanted to be tried in the Portuguese courts. Chiang would fight any attempt to extradite him to Macao where he is accused of corruption, money laundering and abuse of power in the territory's most notorious graft scandal that involved former government secretary Ao Man Long, attorney João Miguel Barros said.

Chiang holds dual Portuguese and Cambodian citizenship.

Portuguese foreman shot dead in Angola

A Portuguese construction worker has been shot dead by an Angolan colleague, diplomatic sources said Thursday.

The unidentified Portuguese, 46, died Monday after being shot at close range by an Angolan. Moments before the shooting the Portuguese man had scolded his fellow worker for being late for work, said Portuguese consular officials in Luanda. Police recovered an Ak-47 automatic rifle from the scene of the deadly shooting in the city of Huambo in Angola's central highlands region. At least thee Portuguese citizens have now been shot dead in Angola in as many months.

Year road death toll reaches 600

A total of 603 people have died on Portuguese roads this year, figures released late last week have shown. The total is down by one on the 2008 tally covering the same period. The highest number of fatalities were recorded in Santarém (62), followed by Oporto (60) and Lisbon (59).

Portuguese, Cape Verde bolster Timor justice system

East Timor's attorney general has sworn in four new Portuguese and Cape Verdean magistrates to beef up the country's fledgling justice system under a UN programme.

The magistrates, who took office last Monday, will serve in courts in Dili and outlying districts. The country currently has 13 Timorese magistrates and awaits the services of five more who are expected to complete training next February. Portugal is one of several countries involved in backing the UNDP's Justice System Programme in East Timor.

Air travel fails to match last year

Passengers arriving in Portugal by air decreased 2.5 percent this August, in comparison to the same month of last year, while overall figures fell by 4.9 percent over the first eight months of 2009.

This was confirmed last week by national airport management company ANA.

In total, the airports of Lisbon, Oporto, Faro and the Azores processed 75,459 fewer passengers in August this year than during the same month last year.

August this year saw 2,903,289 people pass through those airports. In August 2008 that number was slightly higher, at 2,978,748 passengers.

The airport registering the highest loss of passengers that month was Oporto, with a drop of 5.1 percent, or 26,753 people.

Globally, between January and August this year, 844,988 fewer people passed through Portuguese airports than during the same period of 2008.

Between January and August 2008, 17.2 million passengers were processed through the airports of Lisbon, Oporto, Faro and the Azores. This year that figure fell to 16.3 million.

Overall Faro Airport was worst affected by the dwindling passenger figures, with 8.2 percent fewer people travelling to that airport.

This year, so far, 316,936 fewer people have arrived in Faro than last year.

Baggage trollies at Arrivals in Lisbon Airport. (Photo: Lusa / Inácio Rosa)

Credit concession to become tougher once recession is over

The vice-chairman of the Council of the European Banking Federation has this week predicted that the requirements for obtaining credit will become even harder once the recession has ended.

According to João Salgueiro, obtaining loans will not become easier once markets have recovered, contrary to general belief.

"Once the economic recovery starts, we will see a tightening of credit concessions, as there will be less cash available to monetary authorities", said João Salgueiro.

The former chief of the Portuguese Banking Association further argued that the biggest challenge facing banks will be how to manage the expected increase in interest rates along with the mounting number of unemployed home owners.

"To date, we have managed the crisis with state aid", said the BES chairman, suggesting that once this dries up, banks will become extremely cautious in handing out loans and will have to take a careful look at the balance between risk and profitability.

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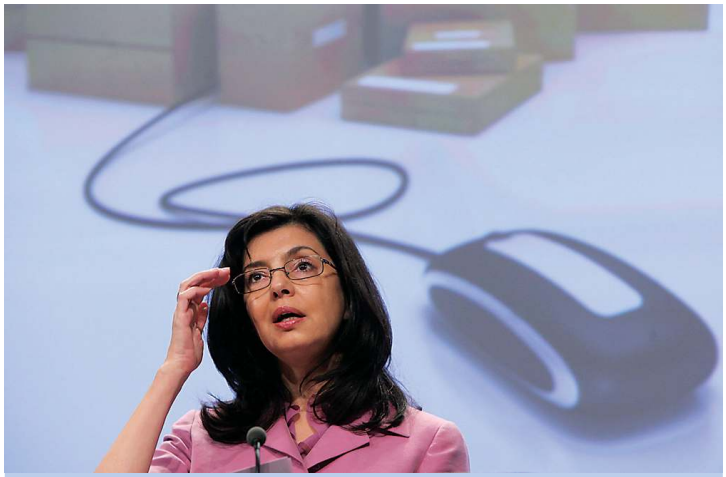
Majority of cross-border internet shopping orders refused

There are widespread problems with refusals of orders for EU consumers trying to purchase goods online in another Member state, according to a new European Commission report on cross-border consumer e-commerce published recently.



European Union (EU) Consumer Affairs Commissioner Meglena Kuneva speaks during a news conference as a report on e-Commerce reveals problems still remain for EU consumers in shopping online, at the European headquarters, in Brussels, Belgium, 22 October 2009. The Consumer Commissioner presents a report on e-Commerce, which looks at the advantages of online shopping for consumers but also the many obstacles still in place that prevent EU consumers and industry from taking full advantage of the benefits of cross-border shopping. (Photo: EPA/Olivier Hoslet)

An extensive independent mystery shopping exercise was carried out for the Commission where shoppers across the EU tried to purchase a list of 100 popular products –for example cameras, CDs, books, clothes - from a cross-border provider.

Over 11,000 test orders were carried out.

The research found that 60 percent of cross-border transactions could not be completed by consumers because the trader did not ship the product to their country or did not offer adequate means for cross-border payment.

Latvia, Belgium, Romania and Bulgaria are the countries where consumers are least able to buy cross-border goods.

But in all but two countries the odds of succeeding in a cross-border purchase are lower than 50 percent.

The benefits to citizens are also very clear. In more than half of Member States, 50 percent or more of the products could be found 10 percent cheaper (transport costs included) from a website in another country.

And 50 percent of products searched could not be found on national websites and were only offered by another Member State trader.

The EC report presents a series of measures to be taken to reduce the complex regulatory environment which is acting as a disincentive for businesses to serve consumers in other Member States.

In addition and to boost confidence in online trading, the problems regarding the collection of commercial data and its use to profile and target consumers will be analyzed in a stakeholders forum.

Commissioner Kuneva said: "The results of this research are very striking, we now have concrete facts and figures showing the extent to which the European single market for consumers is just not happening online.

"Better deals and greater product choice for consumers in our vast European market could be just a click of a mouse away. But in reality online shoppers are still largely confined within national borders. Europe's consumers are being denied better choice and value for money. They deserve better. We must simplify the legal maze that is preventing online traders from offering their goods in other countries".

The European e-commerce market was estimated to be worth 106 billion euros in 2006. The internet is the fastest growing retail channel. In 2008, 51 percent of EU retailers sold online.

But the gap between domestic and cross-border e-commerce is widening as a result of barriers to online trade.

While the share of EU consumers who shop online grew from 27 percent to 33 percent in two years (2006-08), the share of those who bought anything online from another EU country was stagnant (6 to 7 percent). And only 21 percent of traders currently sell at a distance across borders.

One third of EU consumers say that they would consider shopping online from another EU country if the product was cheaper or better, and a third are willing to buy in another language, while 59 percent of retailers are prepared to trade in more than one language.

BUSINESS NEWS IN BRIEF

Portugal's 2008 budget gap 2.7 percent

Portugal's budget deficit in 2008 stood at 2.7 percent of GDP, the EU's independent statistics agency Eurostat said. Portugal's budget shortfall ballooned to 6.1 percent in 2005 and was subsequently reined in by belt-tightening measures imposed by Brussels for Lisbon's breaching of the 3 percent Euro zone limit to 3.9 percent in 2006 and 2.6 percent in 2007.

Nothing concrete in TAP merger rumours

The vice-president of Portugal's TAP airlines has dismissed rumours that a merger is in the works with Brazil's TAM and Angola's TAAG. "There is nothing concrete", TAP's Luiz Mór said last Thursday in Rio de Janeiro, dismissing questions on possible mergers as no more than media speculation. "We have a new partnership with TAM and an older partnership with TAAG", Mór said, adding that the "collaboration" with the Angolan and Brazilian counterparts aimed to "bring them back to Europe".

Brazilian tourists coming in record numbers

Portugal is consolidating its position as the second preferred European destination for Brazilian tourists, a senior tourism official said Friday. Paulo Machado, head of the European Tourism Commission in Latin America, told Lusa that Portugal had followed France as the prime destination for Brazilian holidaymakers in Europe since June 2007. In 2008, Portugal drew nearly 460,000 Brazilian tourists who stayed an average seven nights in the country and spent an average €192 per day, €34 more than the overall average, Machado said. Machado spoke to Lusa on the sidelines of Latin America's biggest tourism fair in Rio de Janeiro.

Indian execs eye new business

A delegation from the Indian state of Goa is in Portugal to evaluate new business opportunities, an official said. Cesar Menezes, chairman of the Goa Chamber of Commerce and Industry, told Lusa the dozen executives will sound out Portuguese counterparts over investment openings in Goa in the construction, ship repair, pharmaceutical and biotechnology sectors. The Goans have already visited shipyards at Setubal, south of Lisbon, and Peniche, north of the capital. They also participated in a business seminar jointly promoted by the Portugal-India Chamber of Commerce and the Lisbon Commercial Association.

More students heading for Portuguese colleges

Some 24 Mozambican students travelled to Portugal this week to join around 160 already enrolled in universities under a cooperation project financed by Lisbon, officials said. Portugal is providing monthly grants of €380 for undergraduate and €870 for post-graduate courses. Around 200 Mozambicans currently attend Portuguese tertiary education establishments in a programme backed by Lisbon's IPAD state development agency.

Dealing with derivatives

The EU has announced plans to regulate the market for derivatives – complex financial products that helped trigger the financial crisis. The Commission will introduce legislation in 2010 to reduce the risk these securities pose to the economy. The proposals are the latest in a series of steps by the EU to strengthen oversight of the financial industry so as to prevent another crisis.

Firms sign €106m concession for Zambezi bridge

Portuguese builders Mota-Engil and Soares da Costa, and Mozambican partner Infra Engineering have gained a 30% concession worth €106 million to build and operate a new bridge across Mozambique's Zambezi River, the companies announced. In a report sent to Lisbon's stock exchange authority, the companies said the concession signed with Maputo included the rehabilitation and maintenance of several roads in north-western Tete province, as well as the upkeep of Tete's current Zambezi bridge. Mota-Engil and Soares da Costa hold 40percent stakes in the concession, while Infra Engineering has 20percent.

New industrial orders up by 2 percent

In August 2009 compared with July 2009, the Euro area (EA16) new industrial orders index rose by 2.0 percent. In July the index increased by 3.0 percent. In the EU27 new orders grew by 1.2 percent in August 2009, after an increase of 1.6 percent in July. Excluding ships, railway and aerospace equipment, for which changes tend to be more volatile, new industrial orders rose by 2.4 percent in the Euro area and by 2.0 percent in the EU27.

Single market for creative content online

The EC has published a reflection paper on the challenge of creating a European Digital Single Market for creative content like books, music, films or video games. According to EC studies, a truly single market without borders for creative online content could allow retail revenues of the creative content sector to quadruple if clear and consumer-friendly measures are taken by industry and public authorities.

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Faro gets Oporto connection

On Monday this week Irish low-cost airline Ryanair celebrated the inaugural flight of its first domestic route in Portugal, Oporto-Faro, which landed in the Algarve five minutes ahead of schedule and was practically full in both directions.

The occasion was aptly celebrated in the packed departure lounge with champagne and a specially-designed cake depicting Ryanair's logo and its national route.

With a capacity for 189 passengers, the Boeing 737-800 used for the domestic route – the first one operated by a foreign airline – carried an estimated 165 passengers on both flights, "which taking into account is its inaugural flight, is very good", Fernando Camarate Santos, Ryanair's Sales & Marketing Executive for Portugal, told **The Portugal News**.

Operating between Portugal's main northern and southern cities four times a week (Mondays, Wednesdays, Fridays and Sundays), the domestic route is the fruit of Ryanair opening its first Portuguese base, in Oporto, two months ago.

Its Oporto base has also allowed considerable growth to and from both airports, as well as the direct and indirect employment of around 2,000 people, including cabin crew, airport staff and caterers.

Fernando Santos denied the flight would be put through an experimental phase to test its viability, saying "we are investing in growth due to demand and we believe there is a niche for this domestic route".

"We have done research, listened to passengers' suggestions and comments, and this route is the result of that feedback".

Ryanair's Oporto-Faro flight will be the airline's 12th route operating from Faro and predicts it will carry some 70,000 passengers per year, mainly business tourists, residents, and students.

"We predict around 25 percent of those using this flight will be business passengers and the remaining majority will be residents visiting the two places, and students", Fernando Santos explained, "It is a comfortable, quick, and cheap way of travelling between the Algarve and Oporto".

Travel between the two by air will take approximately 55 minutes with an average ticket costing €36 one-way. Travel by road takes on average eight hours.

Dutch resident Johan Menger, who has lived in Portugal for 10 years, was enjoying Monday's celebrations while waiting to embark on the Faro-Oporto flight with his family of five.

He told **The Portugal News** "we are going to spend a night in Oporto then fly on to Germany as it is cheaper to do it like that than take a direct flight from Faro".

"And we and the children want to see Oporto", his wife added, confirming the couple knew of friends who had already booked to do the same.

Algarve regional tourism representatives have also voiced their approval of Ryanair's domestic route, describing it is "an important contribution to national economic and tourism development".

Ryanair Press Officer Daniel de Carvalho said "We are pleased to inaugurate Ryanair's first domestic route between the airports of Oporto and Faro.

"Shortly after opening our Oporto base we are now increasing our services from these two airports to the thousands of Portuguese who until now have wasted many hours and lots of money travelling between the north and south of the country".

Since announcing the launch of the new route Ryanair has announced several special offers on tickets, including €5 and €10 all-inclusive offers.

Fernando Santos further revealed that due to the exponential growth that the company is presently experiencing, new developments will take place in the near future.

"At present, as it is the winter season, no new routes are foreseen, but given the nature of our present growth and demand, we will have to expand", he said, suggesting more new routes are in the pipeline.

Ryanair's Boeing 737-800 pulls up to one of Faro's passenger bridges after landing from Oporto on its North - South inaugural flight.

A cake was specially ordered to celebrate the occasion.

Gov't approves taxes on card payments

Consumer rights association DECO have this week promised a boycott following revelations that the Government has given shopkeepers carte blanche when it comes to charging customers for paying with a bank card when purchasing goods.

In transposing the European Union directive of payment services, Portugal has decided to let the decision of card payment surcharges rest with traders.

The directive, which comes into force in the EU next week, allows each member state the freedom to charge customers for paying with a credit or a debit card.

Consumer rights group DECO has meanwhile expressed confidence that surcharges will not be levied in Portugal "as it brings no real benefits".

But it says that should there be any changes, "We will mobilise consumers for a boycott".

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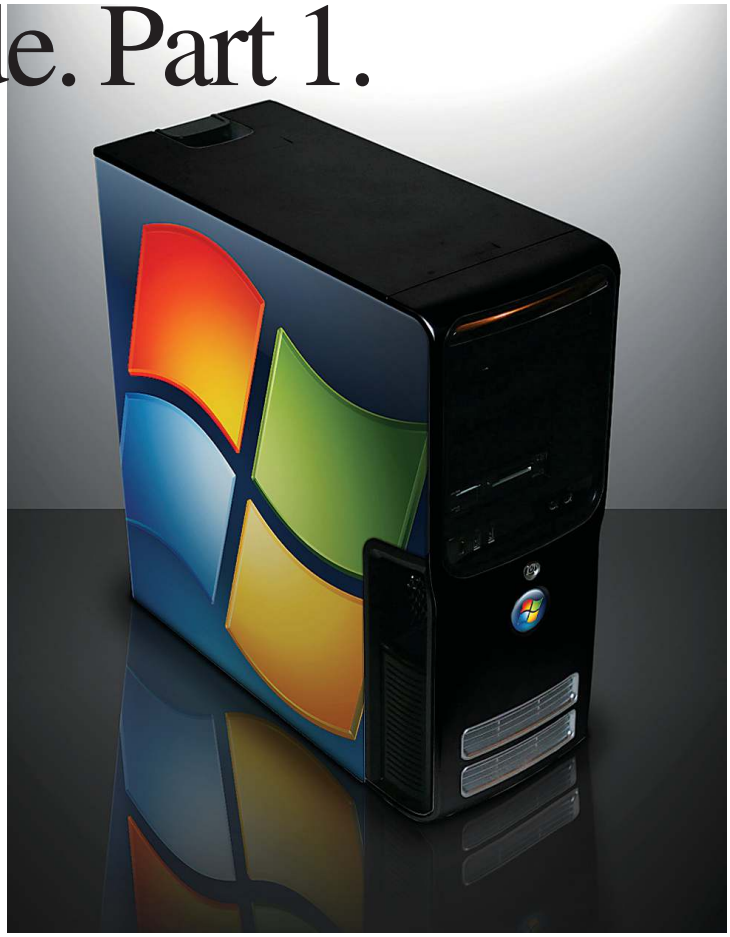
PC Buyer's Guide. Part 1.



So you want to purchase a computer that screams with power and will not be obsolete in a year, but you don't want to spend a fortune on expensive, cutting-edge technology you may not need?

You don't want to purchase a new PC only to find out that tomorrow the next generation of computers are being released, leaving your system and its components yesterday's news.

Buying a PC that's right for you is not a simple task. Firstly, what do you need it for? Spreadsheets, word processing, surfing the web, sending e-mail, playing games, running multimedia applications, watching movies, playing music,CAD drawings, graphics designing, web designing, programming or online learning.

This guide is intended to explain which components of a computer system are the key technologies you should be paying attention to, as well as some suggestions on specific configurations for different uses.

Make a list. Why?

Because different applications need different PC specifications. You really don't need the latest computer if all you're going to do is browse the web, no matter what the PC salesman tells you. When you make your list be sure to look a little ahead and see what other things you might use the computer for. For instance, do you think you are likely to take up graphic designing or will the kids start playing all those high-end games?

How much money do you want to spend? Look for the PC that is suitable for you and your budget.

Which should I buy? Laptop or Desktop?

Laptops have a great advantage in terms of their portability. If you carry a laptop with you, your applications and documents are always immediately available. With a wireless card, your laptop can also access the Internet while on the go, so you have more places to do research, check your email, and be more productive.

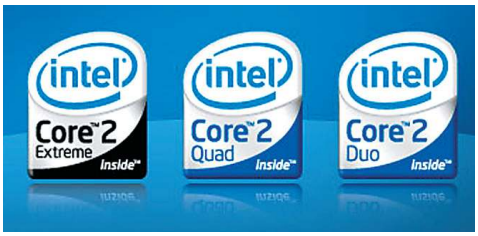
Desktops offer other advantages. Although laptop prices have come down and performance has increased, most desktops offer a better price-to-performance ratio. Desktops also still hold some ergonomic advantages over laptops.

Your decision should be based primarily on how you plan to use your computer and the size of your computing budget. Below are various other factors to consider:

Mobility - If you need to work remotely, a laptop is the way to go. Remember that a 3G card from your mobile phone provider can give you high-speed internet access in most urban areas.

Storage - One of the major places where laptops and desktops differ is in how much hard drive space they offer. Laptops use physically smaller drives, which can only offer so much storage space. Though larger drives are available, 160GB is still common in laptops, while 500GB desktop drives are seen nearly all the time. This is a huge difference and it seems to be expanding, not contracting. If you have very large storage needs, a desktop is your best bet.

Graphics and Gaming - With Windows Vista it's important to consider graphics, no matter what kind of user you are. Laptop graphics have come a long way, but I would say only 50 percent have really sufficient graphics processors. On the other hand, you can outfit any Desktop PC with a perfectly good graphics card for €65.00... and you can upgrade it later.



Upgrades - Speaking of upgrades, it's more difficult to upgrade a laptop. In some cases, it's impossible: Sure, you can pop in a new hard drive later, but adding a second hard drive means plugging in an external disk that will be cumbersome to carry around with you. Many laptop optical drives (CD & DVD) can't really be upgraded at all, nor can motherboards or CPUs. Laptop repairs are more expensive and far more difficult to perform than desktop PC repairs.

Peripherals - With a laptop, you can always plug in an external mouse, keyboard, and monitor.

Price - Expect to pay anything from €499 to €1000 for a decent laptop (although this varies widely).

Let's discuss the different hardware components found within a standard PC.

The Motherboard. This is the part that contains most of a computer's basic circuitry and components. The processor (CPU), RAM, BIOS, expansion slots, etc. all fit onto the motherboard. Right now you have two main types of motherboards. Those that support Intel processors and those that support AMD processors. Most motherboards come with ports where you can plug in peripherals. The mouse and keyboard go into their own respective PS/2 ports. Serial ports take in modems. Parallel ports take in printers and scanners. You will also typically find 4 USB ports (up to 8 on more modern boards) for USB printers, scanners, digital cameras, mice and portable hard drives. You may also find Firewire ports which are useful for video-editing and tasks that need quick data transfer.

***Next week** we will continue discussing various hardware components in more detail.*

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NEWS IN BRIEF

Swine flu vaccination campaign kicks off

Portugal's biggest vaccination campaign ever kicked off on Monday with the vaccination of more than 50,000 people against swine flu. Health officials said the phased campaign aimed to vaccinate a total of some 3 million people, roughly 30 percent of the population, divided into three priority categories. The first batch of 54,000 vaccines has been set aside for pregnant women with illnesses and key professional groups, including health workers.

U.S. basketball player dies during Portuguese match

American basketball player Kevin Widemond (23) died on Sunday in Portugal after collapsing during the interval of a game for his Ovarense side who were playing Académica, the Portuguese Basketball Federation confirmed this week.

More money in EU budget

MEPs have demanded €1.5 billion in fresh money to finance the economic recovery plan and €300 million for a new dairy fund in a vote in Strasbourg. In total, the EU Parliament is seeking to increase the Council's draft budget by €7 billion (in payments) to €127.5 billion. In commitments, it is pushing for an increase of €3.8 billion to €141.7 billion. MEPs voted through a pack of amendments, weighing 2.1 kg, to the draft budget for 2010. The amended draft budget was adopted with 522 votes in favour, 68 against and 39 abstentions.

Dole queue up by 29.1 percent

The number of unemployed people registered at the nation's job centres rose by 29.1 percent in September when compared with the same period 12 months earlier. In relation to August, the number of people who joined dole queues had increased by 1.7 percent the following month. There are currently 510,356 people unemployed in Portugal, which is up 115,113 from the September 2008 figure.

Cristiano will be fit for play-offs

Portugal's national team manager Carlos Queiroz has this week guaranteed that the world's best player, Cristiano Ronaldo will be fit to spearhead the country's front-line as they face Bosnia in two crucial World Cup play-off matches on November 14 and November 18.

EU looks to cut red tape further

EU businesses could save more than €40bn a year under proposals for cutting red tape. In 2007, the EC gave itself until 2012 to reduce by 25 percent the annual administrative costs for business under EU legislation. The EC estimates that the total annual burden on business from EU legislation and the resulting national laws cost companies about €124bn a year in red tape. Currently businesses are set to save €7bn a year in administrative costs under measures either in place or approved. And they could pocket another €31bn a year if EU leaders and lawmakers agree to measures already tabled and awaiting their approval. These include simpler accounting rules for companies of up to 10 employees and the removal of restrictions on using electronic invoices to report value-added tax.

Amaral seeks state aid in fighting McCanns

Gonçalo Amaral has this week applied for legal aid to assist him in litigation with the parents of missing toddler Madeleine McCann. The former chief detective in the case has justified the application by stating he has insufficient funds to support the legal costs involved. Kate and Gerry McCann have sued Amaral for 1.2 million euros in damages for suggesting they might have been involved in the death of their daughter. A Lisbon court this week also ordered Amaral to hand over his €70,000 Jaguar purchased in May in the name a company registered as Gonçalo Amaral Unipessoal Lda.

Portuguese paper company sets up €3m Angola investment

Inapa, the Portuguese paper group, began operating Tuesday in Angola with an initial investment of up to €3 million, company sources said. Inapa, Europe's fourth-biggest paper distributor with sales surpassing €1 billion in 2008, is opening a distribution centre in Luanda with plans to expand to other parts of the former Portuguese colony.

PT launches €750m bond issue

Portugal Telecom plans to issue a 10-year €750 million bond with mid-swaps plus 145 basis points, banking sources have said. The issue is being managed by Barclays Capital, BES, Caixa Banco de Investimentos, Banco Santander and UBS.

McCanns thank Everton, despite Benfica

The parents of missing toddler Madeleine McCann have thanked Everton for their efforts in raising awareness of their daughter in a short statement released last week: "This is a heartfelt note to say a very big thank you to all at Everton Football Club and all of their fantastic supporters. To see so many fans wearing a Madeleine t-shirt was an incredibly uplifting (and emotional!) sight – such invaluable support and an amazing show of solidarity. Regardless of the result against Benfica, you have made one family very proud and have made a special and significant impact on the search for a very precious little girl. On behalf of Madeleine and all of her family, thank you so much. We are very proud to be Blue!".

Priest arrested over illegal weapons cache

Police have detained a 74-year-old village priest for questioning after seizing a cache of illegal firearms at his home.

Father Fernando Guerra was detained in the church sacristy last Sunday immediately after celebrating the 7 a.m. service in the northern village of Boticas.

Three other people were also detained by a contingent of 30 GNR paramilitary police after they raided four houses in Boticas, capping a months-long investigation.

GNR Captain Filipe Soares said 16 illegal weapons, including pistols, revolvers and shotguns, and significant quantities of munitions and gun powder had been seized at Father Guerra's house.

"The priest was quite cooperative", the officer said.

"At first he said he had only one illegal firearm, but as the weapons kept appearing he said they had been inherited or that he didn't know where they came from".

Bishop Joaquim Gonçalvez of Vila Real told the Lusa News Agency on Monday that the priest would remain at the head of his parish unless his arrest was "prolonged" or he was unable to "clear up [his] negative image".

TPN/Lusa

Fernanco Guerra, the Covas do Barroso priest who was detained on Sunday under suspicion of possessing illegal firearms. (Photo: Lusa / Estela Silva)

New safety standards for children's sleeping products

New safety standards for children's sleeping items - including duvets, baby sleeping bags and cot mattresses - which should help to prevent many cot–related accidents, were given the green light last week by EU Member States. The vote took place within the General Product Safety Committee in Brussels.

Cot-related accidents are responsible for more childhood deaths every year than any other child-care product.

According to the European Injury Database, between 2005 and 2007, 17,000 accidents involving children from 0 to 4 years in the EU happened in their cots.

Despite the frequency of serious and sometimes fatal accidents caused by cot mattresses, cot bumpers, children's duvets and baby sleeping bags, currently there are no EU safety standards for these products.

The proposed new standards are intended to reduce the risk of accidents from, for example, choking on loose parts, entrapment of an infant due to bad mattress design or asphyxiation accidents from cords or loops.

Other necessary standards, such as stability and design requirements to reduce the risk of falls and injuries from beds, will also be introduced.

EU Consumer Affairs Commissioner Meglena Kuneva, said, "It is for each parent or carer to judge how best to manage the safety of their children. Our concern is that parents who choose to use these products should not have to worry about their safety. We must be vigilant on behalf of our most vulnerable consumers. Instructions must be very clear, products must really be as safe as we can make them and must withstand all necessary safety tests."

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Remembrance Sunday

8th November 2009

10.50 a.m. St. Luke's Church, Monte de Palhagueira, Gorjoes, near Sta. Barbara.
Service of Remembrance and Choral Eucharist led by Fr. Bob Bates, with the British Consul in the Algarve, Paul Rodwell in attendance.
For more info. Tel: Maxine 917 267 948

12 noon, Igreja da Nossa Senhora da Luz, village church in Luz, near Lagos.
Service of Remembrance and Choral Eucharist led by Fr. Haynes Hubbard SSC, Chaplain to the Royal British Legion, Algarve.
For more info. Tel: Joyce 282 788 104.

NB: 8th Nov. also 8am Service at Luz, but no 9.30am Service at Almancil

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The five mast Royal Clipper, the largest of this category in the world, on its exit from Portimão harbour on 24th October. (Photo: Luis Forra / lusa)

World's largest sailboat docks in Portimão

The Royal Clipper was docked in Portimão this week in a stopover before heading to the Caribbean, where it will be carrying out cruises until the end of spring 2010.

The world's largest sailboat left the local population in awe with its immense presence.

Included in the Guinness Book of World Records, the Royal Clipper is a 134 metre long sailboat, with five masts holding 42 sails, making it the fastest sailboat in the world as well. The vessel has capacity for 227 passengers and 106 crew members, and can reach speeds of up to 20 knots. It's hydraulically controlled masts allow it to keep crew members to a minimum.

Built in 2000, the five tonne sailboat is inspired by the legendary Preussen German sailboat and is the only one in the world with five masts, the largest measuring 60 metres in height.

Captain Sergey Utitsyn says many people return for trips on the Royal Clipper as it provides unforgettable experiences for people who enjoy sailing.

Most of its time at sea the Royal Clipper only uses its sails, with the engines only being turned on to dock and manoeuvre inside harbours.

The ship is currently en route to the Caribbean, where it will remain until the end of spring 2010, carrying out island hopping cruise trips.

The cast of Daily Pulls it Off during rehearsals. Opening night was on Thursday but there may still be tickets available for Friday and Saturday. Call 917 776 245.

Aljezur's first luxury five-star hotel

Aljezur will have the first five-star hotel on the West Coast, which will use the National Park as an attraction for guests.

In a region where five-star establishments are mostly concentrated in the Eastern and Central Algarve, the West Coast will soon boast its own luxury development. The hotel will be built in the Canal Malhões area, near the Canal beach, and will have a total of 118 beds, a Spa, several pools (one of which will be a biological pool) and an area with restaurants, bars and an esplanade.

In order to diminish the impact of the building within a wilderness area, as it is to be located in the Southwest Alentejo and West Coast Natural Park, some areas of the hotel will be below ground, such as the Spa, which will have a four kilometre walkway to the beach. According to the project's architect, João Favila, the idea of the hotel is to involve clients with the surroundings and not just the hotel. "Instead of being a hotel that enjoys the scenery, we believe the landscape should be an experience" said the architect, who also spoke of the difficulties of building the complex in a deserted area. Another of their ideas to not spoil the surroundings is the hotel's beach bar, which will be totally mobile and brought back to the hotel at the end of every day.

The predicted investment for the luxury hotel is of €14 million and the Madeira based Leacock Investments group will be in charge of the construction, its first venture in continental Portugal.

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Western Algarve's largest shopping centre unveiled

Last Thursday the largest shopping centre in the Western Algarve, Aqua Portimão, was publicly unveiled at a press conference attended by regional dignitaries, future shop owners, and the media.

Excluding the Jumbo hypermarket which will soon take shape within Aqua Portimão, the centre represents an investment of around €106 million.

Set to open at the beginning of 2011, it comprises 132 shops, 7 key stores and more than 20 restaurants all spread over three floors.

Covering an area of 35,500 square metres (including the 11,750 square metre Jumbo hypermarket) it will further provide 1,800 parking spaces in a three-story car park.

Being located in the Algarve's second largest city, Aqua Portimão expects to cater for more than 188,000 residents from a catchment area of 30-minute's driving distance.

During summer that number is expect to increase four-fold.

Aqua executives aim for the shopping centre to offer a leisurely experience as well as being an area of commerce. This objective is being translated into reality with a modern, contemporary architectural design based on quality, comfort and well-being.

At the forefront of architect's concerns are environmental and sustainability issues. The centre has been designed to be one of the city's lowest energy-consuming buildings and will directly create 1,500 jobs.

Numerous well-known national and international brands will be found within Aqua Portimão, including modern and fashionable local concepts.

Created by Sua Kay architects and co-owned by Klépierre and Generali Immobiliaire, Aqua Portimão is being constructed by Bouygues Real Estate and promoted and managed by Ségécé Portugal.

According to Aniceto Viegas, General Director of Bouygues Real Estate, "Aqua Portimão is a commercial area that will provide answers to the needs of the local population and fit naturally within the dynamic development that the region has been experiencing".

"Aqua Portimão confirms Klépierre, Ségécé and Generalli's will to invest in Portugal, and is a matter of pride for us as we have noticed that even in moments of adversity that we have been through, we have still created more jobs and contributed to the commercial dynamics of a region that is in full development", added Luís Pires, General Director of Klépierre and Ségécé Iberia.

Recently re-elected Portimão Mayor, Manuel da Luz also praised the future Aqua Portimão by saying "It is an investment that represents a municipal strategy to invest in quality and will create yet another point of attraction for the City".

"This project had to be one of excellence as Portimão wants to invest in quality", he added.

Aqua Portimão, the largest shopping centre on the Western Algarve.

Algarve lacks moorings for boats

According to the Vice-Chairman of Turismo do Algarve, the Algarve is in dire need of docking areas so as to become more competitive in nautical tourism. Almeida Pires also defends the creation of a network of mooring stations along the region's coast.

The current 2,500 mooring spaces in the Algarve, distributed throughout Portimão, Lagos, Vilamoura and Albufeira marinas, are insufficient for the growth of the nautical sector in this region, according to the Vice-Chairman of Turismo do Algarve: "It is fundamental to double the number of mooring sites to develop nautical tourism" said Almeida Pires, who also stated that the Eastern Algarve should create more marinas as the market is currently decentralised towards the West Coast, with Vilamoura being the furthest marina eastwards, considered to be central Algarve. "If there were more moorings for boats to dock we could attract more people all year round, and create more jobs, issues that worry us" stressed Almeida Pires.

However, nautical tourism covers much more than marinas, with activities such as fishing, sailing, surfing, kitesurfing and windsurfing.

The Vice-Chairman suggests the creation of a network of nautical sites, similar to the ones created in Spain, which consist of offering several water activities in certain areas, such as boat rides, diving, fishing or water sports. So far there are 25 nautical bases in Spain that encompass over 1,000 companies connected to nautical tourism, a concept that would work wonders for the Algarve.

Another sector the Algarve is looking to invest in is bird watching, as this is a market with enormous potential. It is estimated that in the UK alone there are over 4 million bird watchers.

"We must take advantage of what distinguishes us from our competition, situated mostly in Northern Africa: our climate, safety and proximity to Europe" concluded Almeida Pires.

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A violent explosion from a gas leak at a private home in Murtal, Cascais, left one man seriously injured, as well as causing a great deal of material damage to the surrounding houses and cars. (Photo: Inácio Rosa/LUSA)

Gas explosion causes mayhem in Cascais

One person was left seriously injured after a gas explosion blew up a house in Murtal, Cascais, in the early hours of Monday morning. The explosion was so intense that five cars were also destroyed, as well as affecting four nearby homes.

The explosion occurred at around 05h30 on Monday morning, after a suspected gas leak triggered an explosion when the homeowner switched the bathroom light on. All the neighbours rushed outside and saw a huge cloud of dust and found the thirty year old man shaking on the floor and pleading for help. "We were so nervous we couldn't even help. We immediately called the firemen, who were very quick to arrive" said one of the neighbours.

One of the man's adjoining neighbour said her house was also completely destroyed with the explosion: "I don't know what's going to happen now. I have lost everything", with other neighbours considering the man being "very lucky he didn't die."

Fire-fighters from Parede, Estoril and Alcabideche were sent to the location, as well as Emergency Medical teams, PSP Police officers, EDP and Galp employees, Municipal Civil Protection and the Judiciary Police.

The man was left severely injured and was taken to the Burns unit at Santa Maria Hospital.

PSP and GNR receive vehicles for special projects

Lisbon's Civil Government will be delivering 70 vehicles and 28 motorbikes to the GNR and PSP in November, to be used exclusively for the 'Safe School' and 'Proximity Policing' programmes, as they are lacking the resources most.

Jorge Andrew, Lisbon's Civil Governor, informed that it is in these programmes where upgrades are most needed, as most of the vehicles have been in use for many years.

It is up to the Civil Government to deliver the vehicles, but it is GNR and PSP's duty to distribute them throughout their departments, according to each one's necessities.

The 70 vehicles are thought to cost around €800,000, and the 28 motorbikes are estimated to be worth €180,000, and will all be included in Lisbon's Civil Government budget.

A total of 42 of the cars and 11 of the motorbikes will be sent to the PSP, with the remaining destined for the GNR.

Church services in English on the Silver Coast

There is to be a change in the pattern of Church of England services in Caldas da Rainha. As from January 2010 these will now take place on the second Sunday of each month (and no longer on the first Sunday of the month). The time remains unchanged, at 6:00pm.

The church buildings in which the services take place belong to the Evangelical Baptist Church of Caldas, located in a narrow street between the railway station and the town centre. The Anglican community comes together in Caldas from locations along the Silver Coast and from the Serras which divide the coast from the valley of the Tejo.

The services are conducted by Rev. Michael Bullock, the Chaplain of Greater Lisbon. He is assisted now by Verna Veritie, who was born in Scotland but has qualified in Lisbon as a Lay Reader / Minister of the Anglican Church. When they come to Caldas they have their schedules really full because they also conduct the services which take place every Sunday first at 9:30am at St Paul's Church in the centre of Estoril, and then at 11:30am at St George's Church at Estrela in Lisbon.

St George's will host the annual Festival of Remembrance service on Sunday 8th November 2009. This service at St George's will begin early, at 10:50am, in order that the two minutes silence may be observed at the right time of 11:00am. In past years the Remembrance Service has benefitted from a church thronged with members of H M forces, the diplomatic service and the British community in Portugal, and this year seems likely to be no exception.

Lisbon hairdresser establishes Guinness World Record

Last week the 'Sérgio and Margarida' hair dressing salon in Lisbon was awarded a Guinness World Record after colouring 380 clients' hair in 24 hours.

It was not an easy task for the hairdressers because from the 407 women who registered and participated in the event, only 380 were certified by the Guinness World Records representative, this being the unprecedented record for the number of hair colourings in 24 hours. To be recognised by Guinness there was a minimum target of 100 certified hair colourings.

Sérgio said the number of certified colourings "exceeded all expectations", but could have been far greater if the hairdressers had not conformed to their working standards: "We could have done 750 hair colourings, but this isn't a race. We have respect for people's hair" said the hairdresser.

Lisbon PSP seize 114 kilos of hashish

Four men were arrested in Lisbon last week after PSP officers found a total of 114 kilos of hashish and €400 in cash during an operation. Three vehicles with Spanish plates and eight mobile phones were also seized during the operation, which saw four man aged between 20 and 31 years of age arrested.

www.the-news.net

Chocolate crazy in Cascais

Over ten thousand people visited the Cidadela de Cascais last weekend to see demonstrations, exhibitions, conferences and entertainment related to the chocolate culture.

The initiative Chocolate in Cascais, sparked the interest of thousands of people who were looking for a sweet weekend. The Portugal Cacao Club said the initiative was a great success, with thousands flocking to learn more about chocolate, as well as tasting it of course. "We accomplished our objectives by giving people more knowledge of chocolate as a refined culture, without making the initiative simply a fair of chocolate eating" said Odete Estevão, chairman of the Cacao Club.

The Portugal Cacao Club has been organising three events every year since its first in 2007, to teach and let people taste and know how to choose different chocolates. "This event intends to objectively and educationally show what cocoa and good quality chocolate is and how it can be beneficial to people's health" added the chairman.

The organiser has said the event can be taken to other councils in the future, always with the intent of teaching people how to appreciate good quality chocolate.

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Mobile phone guide of Lisbon

National and foreign tourists visiting Lisbon, Sintra, Oeiras, Estoril or Mafra now have a new and innovative tourist guide available for use on mobile phones, with suggestions and information on several areas of interest.

Vítor Costa, CEO of Turismo de Lisboa, has hailed this "innovative product", which allows users to access information of the area on their mobile phone, saying it is more complete than a standard paper guide, as it is "more dynamic and contains more information", as well as being regularly updated. "It is in our interest to promote and facilitate visits to these Portuguese tourism destinations. We can guarantee it is a quality product because all of its contents were analysed and certified by Turismo de Lisboa and by the councils part of the project" said Vítor Costa, during the presentation of the virtual guide.

The guides are available in English, Spanish and Portuguese, and can be purchased at Lisbon's sixteen tourism information centres, via the www.askmelisboa.com website or from the website of the company that created the guide www.yougoplanet.com.

For €5 only, the guide will be available on the mobile phone for three weeks, with constant automatic updates. After the three week period, the application remains on the phone, but the automatic updates cease. For national tourists, there is a €7 version, which will have the duration of one year.

Once downloaded onto the phone, users can benefit from the detailed information guide, which includes a weather forecast service as well, listed in different categories, such as 'Where to eat', 'What to visit', 'What to do', 'Where to stay', 'Services and Shopping', among others.

Vítor Costa said the 'YouGo' service will make visiting these areas much easier and in the future it will also work as a promotional instrument, by placing information about the product abroad, which in turn will attract potential tourists to Portugal.

Brilliant bingo evening to help Burros

Last Friday night more than 50 people gathered at the Phoenix Nights pub in Monte Carvoeiro to take part in a twice-yearly bingo evening in aid of Refúgio dos Burros animal shelter.

After a meal of sweet and sour pork or chili con carne it was all eyes down and ready for the first of six bingo games, lead by seasoned bingo callers Keith and Patsy Bannister.

At the end of the night as well as having loads of fun nearly €600 had been raised for the charity, from bingo and raffle ticket purchases, which will be put towards the animals' feed and keep, as well as vet bills and medication.

Refúgio dos Burros is also appealing to anyone who would like to contribute towards their new cattery with a donation for their 'Brick Campaign', to purchase bricks, or with actual bricks, to please get in touch asap "as the old one is falling to pieces".

"We desperately need to build the cats a new home" said Chris Cottis, who has lived in Portugal for 23 years and has been a volunteer for the Donkey Sanctuary for 18, managing two shops as well as organizing most of the charity's fundraising events.

As well as taking in the abandoned or ill-treated donkeys, the Refúgio is also home to abandoned or stray cats and dogs and now provides shelter to hundreds of animals.

All of the animals are hoping to be re-homed.

If you are interested in fundraising, volunteering, making a donation or re-homing an animal, contact: 282 431 334.

Over 50 local residents gathered to enjoy the bingo evening.

Community Briefs

Grand Night of Variety

For the third year running A Grand Night of Variety will once again be held at the Lagoa Auditorium on Sunday November 22nd and your support is vital to its success.

Tickets cost €12 and will be available shortly.

Versatile artists from the world of entertainment will be giving freely of their talents to raise much-needed funds and this will be a 'one night only' opportunity to see the very best of entertainment, have a memorable evening out and raise much needed cash for those less fortunate.

The sad plight of the elderly has been a problem concerning many who work amongst them and this year money raised from the Grand Night of Variety will be one of the groups the money will be supporting and more details will be given shortly.

If you would like to donate a prize for the raffle or showcase a new act I would love to hear from you; many professional artists have already agreed to perform, but new talent is always welcome and with the ever-popular Ian Carfrae as your host it will be a fun filled and exciting evening, playing I'm sure to a full house. Get in touch with me on 963518184 for further information or email jennygrainer@sapo.pt

Strictly Come Dancing

We all wish we could float effortlessly round the floor on the arm of a celebrity - but in reality our robotic dance steps make us a laughing stock.

All this can change! Barbara Briggs is starting dancing classes open to all, at the Club this Saturday afternoon. It is never too late to begin so come along, and with Barbara you will be in the hands of an expert. All proceeds to the Castelo de Sonhos.

Silves cine theatre. The class runs from 3 p.m. to 5 p.m.. This Saturday, 31st October. 5 Euros per session.

Olde Tyme Music Hall

On Thursday, November 12th, there will be a good old traditional Music Hall at the Club with The Third Age University Singers who are coming all the way from Bournemouth for the event. Here's your chance to Sing along with all those old Music Hall favourites. This is the night you can loosen your stays, raise your voice and lower your standards - in fact have a really good time. This is to be held at the cine theatre in Silves and all proceeds will be donated to the Castelo de Sonhos. Please come dressed for the occasion, to get us all in the right mood. Cover charge 8 Euro. Starts 8pm, bar open at 7.30pm

Please book via Celia Mossman 282.332.665

Last chance to book a table

In aid of the Royal British Legion Poppy Appeal a dinner/dance is being held at Hotel Garbe, Amancao de Pera on the 31st October 7pm for 7.30pm carriages at midnight, or, favourable room rates are being offered by the Hotel for an over night stay.

There will be a three course meal with wine and water, a grand raffle and music by Saraband for you to dance to. Black tie optional. This is open to members and non members. All are welcome.

The cost is 28 Euros, all proceeds to the Poppy Appeal fund. This fund assists service men/women and ex service men/women, including those currently returning from Afganistan.

For details of menu and booking a table please tele. 282 332 665 or e-mail dacemoss@sapo.pt

THE CHURCH OF ENGLAND

REMEMBRANCE SUNDAY
10.50 am • 8 November
St George's Church Lisbon

St Paul's Church Estoril
CHRISTMAS FAIR
11.00 am- 2.30pm
Saturday 21 November

St. Andrew's Society of Lisbon

St. Andrew's Ball 75th Anniversary - Saturday, 21st November, 2009

2009 is a very special year in the Society's history as we celebrate our 75th Anniversary. It's hard to imagine that in 1936 a small group of Scots, in the Lisbon area, started the ball rolling (with a handful of members – membership costing Esc20$00 per annum) and here we are today celebrating Scotland in Portugal for the 75th year with over 200 names on our contact list. The first published mention of the Society was in February 1937. During the years following, the St. Andrew's Society has seen the mantle change with numerous Chieftains. There have been lean years and bountiful ones, but we have managed to survive, in true hardy Scottish style - even through the dark years of WWII. It is pleasing to see that even in this time of economic unrest, the Society continues to flourish with your continued support and with the hard work and dedication of a team of volunteers.

Our 75th year began with the annual Burns' Supper at the end of January. Special guests flew in from Perth, Scotland to entertain us and reacquaint us with our national poet, Robert Burns. There was a record turnout (over 120 guests) despite a very blustery and wet night. In June, we held a golf tournament at the beautiful Estoril Golf Course followed by a scrumptious lunch at the Quinta de Santo António It was a very successful tournament with over 35 golfers battling it out between Scotland and the Rest of the World. Scotland endured and brought home the Quaich, finally winning a closely contested match. More than 50 people attended the lunch and thanks to our sponsors, Prime Drinks, the Glenfiddich malt whisky flowed! The Committee is considering making this an annual event as we have received many requests to make this a firm fixture in the Society's diary.

Now, we turn to the biggest celebration of the year - the St. Andrew's Ball on the 21st November in the Hotel Palacio, Estoril. This year we have decided to start the evening a little earlier to enable us to appreciate our special guests, members from the **Grampian Police Pipe Band**, without detracting from the Scottish country dancing to the **Caerketton Band** from St. Andrews. So, dust off your kilts, begin your fitness regime and book now! This event is one of our most popular and tickets sell out fast. Tickets are on a first come first served basis. *Rosemary Adams*

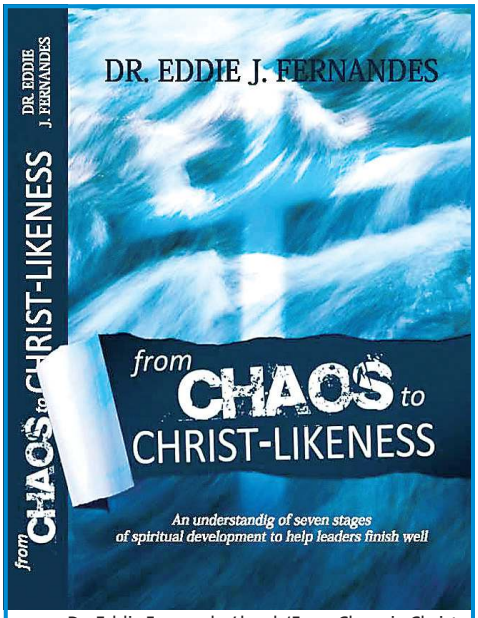
For further information please consult our website: www.standrews.com.pt or telephone our Secretary, Theresa Adams on 912 306 353 or our Chieftain, David Wilkie on 963 700 929

Peace Meal(s) and rock

As part of his series of presentations commemorating the bicentenary of the Peninsular War, Peter Kingdon Booker dedicates his next talk to the global inititative of the World March for Peace and Nonviolence. At 6 pm on Wednesday 11 November in the Porta Nova Hotel in Tavira, Peter will give his presentation on the Battle of Talavera (which took place on 27/28 July 1809). His talk will be followed by a dinner at 7.30 pm in the hotel. 11 November is also Remembrance Day and at 11 am the Liga de Combatentes will be holding their annual ceremony at the war memorial in Tavira´s Praça da República. It is hoped that many will go to remember our countries´ war dead and to reflect on hope for peace in the future. Units from army, navy, police and GNR and of course the Câmara of Tavira will represent the Republic of Portugal. Following the ceremony, Peter will give a short talk about Portugal´s role in World War 1. There will be another chance to hear Peter´s presentation on Talavera at a second Peace Meal on Tuesday 24 November in Lagoa. For more information, and to reserve a place for either of the ´peace meals´, please contact lynne.booker@iol.pt/281 971 567

Give Peace A Chance

The global initiative, World March for Peace, is beginning to rock the Algarve - well the musicians anyway! The huge success of the world´s biggest karaoke session in Milan where thousands sang to John Lennon´s ´Imagine´ has spurred musicians here in the Algarve to contribute in their own way. On Tuesday 3 November at 9 pm, Steve and Maggie Webster have dedicated their usual first Tuesday of the month music session to the theme of World Peace; playing sets including ´Give Peace a Chance´, ´Ein Bisschen Frieden´, ´Give me Hope Joanna´ and ´Looking for Freedom´. Steve and Maggie have been organising multinational jam sessions for 5 years now in the ´O Gralha´ cafe in Vale Fuzeiros near Messines. All singers and musicians are welcome to participate. For directions contact: stemagwebstars@hotmail.com for more information on World Peace March contact: lyndalb@hotmail.com/ lynne.booker@iol.pt



Dr. Eddie Fernandes' book 'From Chaos in Christ-Likeness'. See article on page 50.
Readers of The Portugal News may order the pastor's book for the reduced cost of €20,00 plus mailing costs saving €5,50 on the regular price by writing to eddiejfernandes@mail. telepac.pt.

Fair Favourites Return

The organisers of the Network Spirit of Christmas Fair are delighted that lots of the "Fair Favourites" have already booked their spaces at the 2009 Fair which is taking place on 1st December, 2009 at the Hotel Garbe in Armação de Pêra.

Book the date in your diary now. All you need for Christmas under one roof.

Sweet Marilyn is starting to bake the puddings, Liz Jensen has already ordered the Danish Christmas Trees. Jouk, Alison and Fiona will have the latest fashion ready for Festive parties. Rainbow Cards and Buyology will be bringing the latest in Wrapping paper, cards, and crackers, not forgetting those fun stocking fillers. A selection of books will be available from Griffin Bookshop www.griffinbookshop.com - they already have their Christmas book lists - phone them for your copy so you can plan your purchases for the Fair.

The number of first time bookings has also exceeded the expectations of the organisers. The 2009 Network Spirit of Christmas Fair is set to be the best ever.

Don't miss it - make a note of the date now.

For more information please contact Verna Kinder e-mail pvkinder@mail.telepac.pt

Father Christmas enjoying a Sweet Marilyn Christmas Pudding - "Yummy, where can I buy another one of these?"

Walking in the beautiful Algarve

Lets walk... in the Natural Park & Wetlands

Wednesday November 4th

A really interesting walk along little known and used tracks deep in the Cape St Vincent Natural Park, the walk is about 2.5 hours long with some ups and downs but nothing terrible!

10.00am start - meet at the Burgau Sports centre where there is a cafe. Take the EN125 from Lagos towards Sagres and after 12km at the lights you turn left towards Burgau, the sports centre is 400m along this road on the right.

...from Fonte Louseiros

Saturday November 7th

A very easy 2 hour circular walk through the countryside where the local people still carry on their traditional way of life.

13.30pm start - meet outside the Cafe Falcao in the centre of the village. If coming from Silves take the road towards Algoz and in the village of Alcantarilha Gare turn left by the station over the railway track. You now follow the road for about 5km (there are no signs - dont give up) and it will bring you to the village and the cafe is on the right.

There is no need to book please just come along, we promise you a great time, wear comfortable shoes, bring some water & a sense of humour. There is a charge of €5 for the walk which includes a donation to charity. Walk organiser & leader: Julie Statham 965 753 033

East Algarve Walks

Tuesday & Friday mornings

For more information contact Brian: 913 595 868, brian@moonlightservices.eu, www.moonlightservices.eu

Portuguese history talk

The History of Tavira

Peter Kingdon Booker will be presenting this hour long talk on Monday 9 November at 7 pm at the Associação Social e Cultural de Almancil.

Tavira began as a Phoenician settlement and moved its location three times before being relocated by the Gilão by its Muslem occupiers. It gained importance during the Moroccan campaigns 1415 - 1578 largely because the sea journey to the North Coast of Africa is so easy. Along with the rest of the Algarve and indeed the rest of Europe, it suffered from the incursions and robbery of the Barbary Corsairs. In the late eighteenth century, Tavira lost its status as a military centre to Faro. There were encounters here during the civil wars of the nineteenth century and the politics of the early twentieth century was dominated by the location of the military band. The history of the town covers nearly 3,000 years and in the twenty first century its prosperity seems destined to grow.

For more information contact: lynne.booker@iol.pt or 281 971 567.

Muddy Cogs bike rides

Saturday - Movers - 31st October

Starting Point: Santa Barbara da Nexe - Meet in the centre of the village, We will start from close by the church in the main square. Lets meet here at around 09.45 for a 10am start.

Ride details: This weeks ride is around 35km and is mainly on dirt tracks and tarmac. This route has lots of variety and has a few hills, but nothing to worry about ! We pass through some beautiful quiet countryside andthere will also be a cafe stop. An interesting and varied ride and one definitely not to be missed, I am sure that you will enjoy this ride.

Sunday - Shakers - 1st November

Starting point: Lagoa - Netto Car Park. Netto is by the EN125 at the Silves junction on the east side of town. There is parking on the streets close by Netto as well as the car park at the Netto store. Lets meet here at 09.45 for a 10am start.

Ride Details: This ride will be around 30 km, but there will be options to shorten or extend depending upon how riders feel. We will cycle mainly on quiet roads and occasionally flat dirt tracks around the Lagoa and Portimao area and also cover some parts of the Ecovia do Litoral coastal cycle path . This is an easy and pleasant ride with a cafe stop.

Paul will be at bikeland from 9-9.15am on Saturday and can take some people and/or bikes from there if required. Bike hire for Sunday needs to be booked in advance as Bikeland is closed on Sundays, if anyone needs a bike then please let Paul know and he can collect it on Saturday & return on Monday. Anyone needing transport on Sunday please let Paul know.

Paul looks forward to seeing you over the weekend. The cost is €5 per person (no joining fee). Please call Paul if you need clarification of the directions or for more information on 289 360 001 or 913 226 954, email: paul.beesley@sapo.pt, www.activityalgarve.com.

Algarve Archaeological Association

Our speaker for 3rd November is Jean-Yves Biot. "Jean Boudriot and the Great '59 Legacy".

The 1759 Battle of Lagos Bay was a significant sea battle of the 7 years war between Britain and France. Jean-Yves will give a uniquely French view of the battle.

Jean-Yves is a graduate of Ecole des Hautes Etudes in Sciences Sociales, Paris, with a speciality in Underwater and Navel Archaeology. He has worked in locations as diverse as Mauritius, Kenya, Mauritania, India, France, Iceland, Mozambique and China. He is considered a pioneer in Underwater Archaeology in Portugal.

The venues for the AAA talks are at Museum do Trajo, São Brás for the 2.30pm start.

Jean-Yves Biot

The evening lecture is the Convento de São José, Lagoa at 6.30pm. Should you wish to join the speaker and members for lunch, please telephone Raymond on 914 713 103 to book lunch. Bookings for dinner are taken at the meeting.

Membership to the AAA is still open at a cost of €30 per year. Non members are warmly welcomed at our meetings. There is a nominal charge of €5.

Should you require further information please contact Maxine on 917 277 948.

November ALFA

The next ALFA literature salon in English:

Monday, 2nd of November, 7.30 pm. Lisa Selvidge will present her new book (The last dance over the Berlin wall) and Carolien van Leusden hers, describing her successful battle against cancer.

Convento São José, Lagoa at 7.30 pm (drinks & snacks served from 7.00pm onwards). Entry: €5 (ALFA-members €4)

Find out more about ALFA on www.alfacultura.com or contact Barbara Fellgiebel on 917 602 607

Is there an event you would like our readers to know about?
Send it to us:
copy@the-news.net

Bowls Algarve

Greens crush Nuts, Sinners mauled by Tigers

The Alvor Greens played host to the Amendoeira Nuts and ran out very convincing winners by 92-22, sweeping up all eight points for the third week running. Gladiators were also at home at Alvor and won a close match against the Amigos by 57-50 and six points to two. PDF Crusaders returned to winning ways 71-34 against the Valverde Vikings, taking six points to two. Tavira Tigers made the greatest progress up the table this week by defeating the Sinners by 60-41 and claiming the eight points. Finally the Valverde Vulcans were at home to the Pedras Panthers and the Panthers went away with a 68-32 victory and the full eight points. ABC Cats were unable to host their match against the Harlequins due to maintenance work on their new carpet. This match will now be played on 12th November.

The Greens remain in control on top of the table with 24 points, Panthers rise to second on 17, whilst Cats, Gladiators and Tigers are bunched together on 14 points. Crusaders improve to sixth with 13 points, whist the Sinners remain on 10. Harlequins, Vulcans and Vikings each have 8 points. Amigos and Nuts are currently propping up the rest on 4 and 2 points respectively.

Alan Clarke, League Director

2nd Deaf Bowls Festival Week

Clean sweep for Wales

Festival Organiser Eddie Vidler pictured centre with the finalists Bridgend (in green) and Cardiff.

The 2nd deaf bowls festival was held this year, 17th-24th October at Santo António Bowls Club, Alvor.

The 113 strong group (80 bowlers plus their supporters) travelled from all over the UK to play their 5-day tournament in what turned out to be glorious bowling conditions with the small exception of an Alvor downpour on Tuesday afternoon, but even that, didn't dampen their spirits.

Teams from England (Southend, Gillingham & Bristol), Scotland (Glasgow, Edinburgh & Dundee), Wales (Bridgend, Cardiff & Newport) and Ireland (Belfast & Dublin) competed over the 5 days culminating in an all Welsh final between Bridgend and Cardiff. A close match all the way through with the Bridgend team of Chrostopher Charles, Gordon Chard, Hazel Rutherford and Barry Clark edging ahead over the last few ends to emerge as winners.

Those teams knocked out in the earlier rounds qualify to play in the Consolation Plate (a round robin event) with the top prize going to Newport.

Arrangements are already underway to return to Portugal in 2010 this time to Vilamoura Bowls Club.

FREE PICKUPS from Carvoeiro & Ferragudo
call 282 358 502 to book

Vale de Milho Golf

Ideal for short game practise!
Ideal for family golf!
Ideal for beginners!

Vale de Milho - A 9 hole, par 3 golf course, was designed by the Ryder Cup player Dave Thomas, to provide a real challenge throughout it's 926 meters for all standards of players. Facilities include a lounge bar, restaurant, a well stocked shop, snooker room and golf school.

"Best designed (Algarve par 3) layout" - Greg Turner.
"Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

TWILIGHT PROMOTION
€25 - With Clubs - €40
June to August after 3:30pm
September to October after 2:30pm

SPECIAL PROMOTION (JUNE-OCTOBER)
9 Holes - €20
18 Holes - €30
With Clubs - 9 Holes - €32,50
18 Holes - €47,50

BREAKFAST OR LUNCH
9 Holes - €26,50
18 Holes - €38
With Clubs - 9 Holes - €40,50
18 Holes - €57,50

*** Subject to availability. No service at weekends.

GREEN FEES
9 Holes Green Fee €24.00
9 Holes Green Fee Junior €16.50
18 Holes Green Fee €37.00
18 Holes Green Fee Junior €25.50

SEASON TICKETS
7 Rounds - 30% Discount
5 Rounds - 20% Discount

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The Bowen Technique - Why wait?

One of the most frequently asked questions Bowen practitioners are asked about the Bowen Technique is "why do you keep leaving the room"?

Here, expert practitioner Gareth Bullock explains.

"This 'time out' allows your body to start absorbing the information we are programming and start reacting accordingly. It gives you space, in a relaxing environment and a chance for your body to start listening. When the therapist leaves, you are alone to relax and think about what is going on in your body", he says.

"This sounds a bit strange, but without these pauses in the treatment your body just would not react. Like a computer, pressing all the buttons at once causes it to go into a spin and inevitably crashes. The same thing happens to you, if you are told too many things at once, your body just stops listening. Slow gentle treatment encourages a faster and more long lasting response".

Gareth concludes, "The important part is not to leave your body suffering too long. Try not to allow pain to fester and compensation patterns to set in. The more things that are bothering you, the longer it takes to get right".

So why wait for a treatment?

The Bowen Technique is excellent for treating muscular and skeletal problems including, bad backs, necks, shoulders, arms, legs, knees, hips, feet. Also migraines, hay fever, colds and flu, stiffness and pain and even sciatica.

Gareth has recently treated frozen shoulder, period pains and chronic back pain with great success. The majority of his clients recover or improve significantly.

When activating a healing process within the body, the Bowen work stimulates the immune system, circulation system and the bodies' normal functions. With all the press recently regarding flu, Gareth recommends clients follow a healthy diet and lifestyle and level of hygiene, but also a therapy that stimulates and supports the immune system, to prevent illnesses from getting systems down this winter.

Gareth does not claim a miraculous cure or immunity to flu, but he will guarantee that this treatment makes the body stronger to cope with what life throws at it. "Prevention is always better than a cure", he says.

The Bowen Technique is now available all across the Algarve, with Gareth Bullock practicing from Vilamoura to Tavira. Home visits are available for extra convenience.

Clients looking to visit the Olhão clinic can enjoy a special offer of just €30.00 per session.

Optica Orbita, a perfect vision

Optica Orbita incorporates high quality products, leading technology, realistic prices and an expertise that is the result of many years' experience. It was established in Loulé in 2001, by German-trained and qualified Optometrist, Dr. A.Rahmani.

Dr. Rahmani has been practicing optometry for 16 years, having worked in Germany before moving to Portugal eight years ago. He maintains a close professional relationship with leading international eye-product manufacturers, ensuring he is always at the forefront of advances. Thanks to this relationship Optica Orbita offers a range of products that cannot be found elsewhere. These include 'Free Form' progressive lenses that are specifically personalised to each individual clients' needs and can be fitted into any type of frames or sunglasses. Other innovative products include 'Sleep & See' contact lenses that are left in at night and correct vision during sleep so it is perfect all day long. Neither of these products are available elsewhere in Portugal.

Most of Optica Orbita's products and technology is German manufactured, of the highest quality and most competitive prices. Tests available include ocular pressure readings (the eyes' equivalent of blood pressure), and standard eye tests.

Hundreds of types of spectacles are constantly in stock, ranging from children's glasses to this Autumn/winter season's latest styles and fashion accessory. More economic basic and practical models are also always in stock, along with reading glasses, sun glasses or specialized lenses for the computer.

Shop manager Carla Rahmani explained, "The eye is an essential organ of the body, and there are various dangers associated to poor vision or problems with sight.

"If it is not detected and treated, not everything can be fixed", she warned.

This was reiterated by Dr. Rahmani, who said "Eighty per cent of drivers do so with the wrong prescription in their glasses, or that don't even know they need glasses".

He advised that "even if everything feels ok, eyes should be tested at least once a year".

Optica Orbita is a fully independent business that carries out its own examinations, diagnoses, and chooses its own products. During the month of November a **special offer** will be available on all progressive lenses, which will start from €109 (standard cost €380 - €500) excluding frames. Consultations by appointment only.

John Oliver photography

A new service is available from award winning Alentejo based John Oliver Photography, for instant photographs, beautifully presented in a presentation mount. Ideal for parties, weddings, official dinners or for sport or children's activities, this new service offers a unique memento of the occasion.

Using the latest technology in dye sub printing all prints are dried off the press and very durable. This mobile service has been trialled very successfully in the Alentejo at various equine and TT events, also in the Algarve including providing this unique service to APAA's 'Scruffts' dog show.

John was recently engaged in photographing the Election campaign in Ourique with a presentation and exhibition of this unique Social Documentary work planned. The addition of the latest Mitsubishi Dye sub printer enables high quality 9x6 photos.

For field events the process is even ecological, running from the solar pack in Johns' Land Rover.

Livingston's Painting

With the sun is still shining but rain around the corner now is a last opportunity to give your property a 'refresh' after a long, hot summer and before winter, so call in the professionals!

Shanny Livingston will work wonders to your home and give it a brand new look, filling up all the crooks and crannies and giving a nice even painting to your home.

Shanny (Shannan) Livingston moved over to Portugal with his family in 1972 and decided to enter the painting trade just over a decade ago. Having gained experience by working for others and learning the ins and outs, Shanny decided to go solo nearly four years ago and has not looked back since. Acknowledging that the painting trade is an extremely competitive one, Shanny shines above the rest through his quality workmanship and attention to detail, fixing any imperfections he might find, probably due to his background in Art College.

For a good painting job to be carried out, preparation is the key as it is the foundation to which the paint is applied. The first stage to a painting job is to wash the whole area down with a high-powered pressure washer, in order to remove loose paint, grease, dirt & organic growth; giving the paint a smooth and porous surface to absorb into.

The second stage is to fill in all the cracks and skim all areas necessary, to apply the sealant later. These stages are indispensable before applying the first coat of paint in order to keep the standard at the highest. To offer an exquisite finishing on jobs, at least two coats are applied, sometimes three, depending on the colour to produce a consistent, even finish.

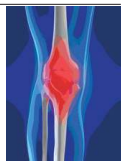
To keep his lines perfectly straight, Shanny always uses tape and caulks all tile edges, windows and door frames. All these precautions plus a good eye for attention to detail will ensure the job will please even the most meticulous clients.

People say a good workman can be judged by the mess he leaves after him, which only proves Shanny's superb work as cleanliness is his top priority. To keep areas clean and tidy he lays down large dust sheets to avoid stains and a messy environment.

Choosing top quality products, Shanny usually uses the two top brands of paint in Portugal, unless the customer requests for a specific paint, and he also supplies his own rollers and brushes.

Centrally located in the Algarve, Shanny will take jobs from Lagos to Tavira and he covers all aspects of painting: woodwork, metalwork, interior and exterior.

THIS WEEK'S PROFILES



The Bowen Technique

To discuss a treatment further, please call Gareth Bullock on: (+351) 912 540 071.

John Oliver

For more information please contact John or Jeanette on: (+351) 286 512 679 / 969 986 122, or email: john.b.oliver@gmail.com. For examples of their unique photography please view the web page on: www.johnoliverphotography.com

Livingston's Painting

If you wish to contact Livingston's Painting for a free quotation, you can contact Shanny on: 917 511 550 or email: livingstonspainting@clix.pt.

Optica Orbita

For more information or directions, call Optica Orbita on tel/fax: (+351) 289 411 777, mobile: 913 399 647, or see website: www.opticaorbita.com. Open lunchtimes, closed Sunday.

If you would like us to profile YOUR business, call our Sales Manager on 707 500 677

The Algarve Wine Society hosts an excellent Douro winery

About 80 members of The Algarve Wine Society and their guests had the great pleasure, on a very stormy evening last Wednesday, October 21st, of welcoming Sophia Bergqvist to the Quinta dos Poetas venue near Estoi.

Sophia presented her family's Douro winery Quinta de la Rosa. Run by her father Tim Bergqvist and herself, ably assisted by Sophia's brother Philip, Quinta de la Rosa has been in the Bergqvist family for over 100 years.

It was given as a christening present for Claire Feueheerd, Sophia's grandmother, in 1906. The family has made port for a very long time, but, starting in the early 1990s the Bergqvists were one of the pioneers in taking the production of red wine in the Douro seriously. Since then their products have consistently won awards and accolades around the world.

The Quinta remains small, producing about 50,000 litres of port and 200,000 litres of wine from 55 hectares located on the southeast facing banks of the Douro River about 1 km from Pinhão in the Cima Corgo region.

Sophia Bergqvist describes her douRosa tinto to Michael Savage and Gaynor Stapleton

Margaret & David McIntyre and Lyn & John Davies enjoying their dinner

The participants in this excellent tasting discovered, with Sophia's guidance, the 2007 Quinta de la Rosa and Quinta de la Rosa reserve tinto, blends of touriga naciional, tinta roriz and touriga franca aged in oak, the 2008 Quinta de la Rosa branco, made primarily from viosinho grapes, the unique douRosa rosé 2008, made from the free run juice of vintage port and the top of the line Passagem 2006 tinto. In addition, two ports – a Quinta de la Rosa white port and a 12 year old tawny – were tasted.

Following the tasting a lovely dinner prepared by head chef João Martins was served, featuring a starter of gratinated goat's cheese on apple, a cream of broccoli soup with strips of smoked salmon and flaked almonds, a main course of grilled Iberian pork tenderloin and a sweet of fresh orange roulade with vanilla ice cream, drizzled with caramel and walnut bits. Of course, the dinner was accompanied by appropriate wines – a douRosa 2007 branco and 2006 tinto, with the sweet set off by a very tasty Quinta de la Rosa LBV 2003 port.

The Algarve Wine Society's 2009 program will conclude with two events - an evening with noted raconteur and wine expert Richard Mayson on Saturday, November 28 at Vila Sol, and its traditional Christmas lunch at A Colina near Ludo on Wednesday, December 16th. But planning is well under way for next year's calendar, which will start with a tasting on Friday, January 29th and the AGM and Gala black tie dinner dance at Vila Vita Park on Saturday February 20th, 2010.

At the moment membership in the Algarve Wine Society is at its upper limit and there is a waiting list for entry, but if you would like further information about the organization please contact the Secretary, Larry Hampton, by email – hampton@mail.telepac.pt.

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PROPERTY OF THE WEEK

Contemporary country living

This week's 'Property of the Week' can only be described as an architectural masterpiece. A brand-new, never-lived-in villa located in the countryside near the pretty village of Santa Catarina, it is a striking blend of natural materials and glass to create something that is spacious, stunning, and in harmony with its rural surroundings.

Several sections of the property are made entirely from toughened floor-to-ceiling glass, including ceilings and balconies. There are also various glass encased 'indoor gardens' that add to the feel of openness and bringing the outside in. Exposed rock walls have been constructed from indigenous materials found on the plot and from the demolition of the original property.

Set on a plot of 24,670 square metres, a five minute's drive from the local village of Santa Catarina, the property is also 10 minutes from the Algarve's main A22 motorway and 25 minutes from Faro international airport.

The area surrounding the property has been left in its natural state so future owners can decide how they would like the garden to be landscaped. It comprises a beautiful salt-water infinity pool that is designed as a three-quarter circle, cut into by a square decked area.

Through the main door visitors are met with a light and bright main hall, to the left of which is a study room and an indoor garden. This allows floods of light to stream into the entrance hall that is floored with chunky cobble-stones and has thick whitewashed walls with decorative alcoves.

Down a few steps and left is the guest wing.

This area has been designed to be completely self-contained, private, and has its own access from the exterior as well as a decked courtyard. It can be closed off or opened up to the rest of the house by a concealed sliding door.

The guest wing comprises a large open-plan living/dining area and a kitchenette that is chic and modern, with glossy white cupboards, integrated appliances, and a dark granite worktop. The roof – as is most of the roofing throughout the property – is very high and made of thick beams and canes.

Off the guests' living area is the first en-suite bedroom. All bedrooms have ample fitted wardrobe space and walk-in showers made from different types of exotic stone. From the living area and up a 'floating' staircase, made from chunky wood treads and glass side, is the second en-suite bedroom.

This bedroom has a private glass-walled balcony.

Downstairs is a third room that is ideal as a large office or artist's studio and has its own separate storage room.

Back into the main hall and right is a large guest bathroom, designed with curved burnt-orange mosaic walls that frame an unusual, modern freestanding tap and basin. Behind one of the curved walls is another walk-in shower.

The main entrance hall is designed almost entirely with glass; to the front there is a large, floor-to-ceiling window that looks out onto a decorative rock-wall, from the top of which hangs a customized bell. This window connects to the main entrance with a glass ceiling. All of the glass used in the construction is self-cleaning and UV protective.

Also right from the entrance is the kitchen, a generous-sized room that, like the kitchenette, is designed with glossy white cupboards, integrated top-of-the-range appliances, and unusual pencil-lead colour granite worktops with shimmery red swirls.

As well as incorporating a central cooking island the kitchen also has a separate laundry/utility room, a lovely panoramic window, two doors that lead out onto an open-air cooking area, and an exposed Santa-Catarina brick arched roof.

The exterior cooking area comprises a large fireplace with a fully-working chimney so barbeques and fires can be enjoyed any time of year. From the kitchen (or straight ahead from the entrance hall) is a vast, open-plan living/dining area that is completely fronted with glass and has a large wood-burning stove set in an expose rock feature wall. There is also a separate storage cupboard underneath a flight of stairs that leads to the master bedroom suite.

While the main sleeping area has two doors that lead onto private balconies – one of which has decked flooring, the other having glass walls – it also comprises a separate dressing room that has its own window to let in ample natural light, and a beautiful en-suite bathroom.

The bathroom's walk-in shower is styled with exotic Indian 'rainforest' natural stone and has a free-standing tub, at the foot of which is a long vertical window and across from which is a wide horizontal window, at bathtub-level, so stunning scenery can be enjoyed from all angles while taking a soak.

Throughout the property there is air-conditioning and under-floor heating, as well as automatic shutters on all windows. A central alarm system can be set for the property as a whole, or to the main living area or guest area individually. To book a viewing for this incredible property, contact Robert Bijker at Yellow Homes – Land and Houses (Tavira) on tel: (+351) 281 320 281, fax: (+351) 281 321 901, e-mail: robert@landandhousesalgarve.com, or via website: www.landandhousesalgarve.com. Price on application, serious enquiries only. Ref. LHV-1062.

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Vilamoura
Attached villa situated in the industrial area, composed of 3 bedrooms, 2 bathrooms, lounge, kitchen, storage and terraces. Garage for 2 cars, office and warehouse. Construction area - 223 sq. m.
Ref: V12647 Price: € 175,000

Vilamoura
Two bedroom apartment composed of 2 bathrooms, lounge with dining area, equipped kitchen and terrace. Furnished. Communal swimming pool and garden area. Parking space in the basement. Construction area - Approximately 100 sq.m.
Ref: A1229 Price: € 215,000

Boliqueime
Spacious country villa composed of 5 bedrooms, 3 bathrooms, lounge with fireplace, kitchen, laundry room, storage and various terraces. Double garage, gymnasium, swimming pool & garden. Furnished & equipped, excellent sea view. Plot area - 2.080 sqm
Ref: V12588 Price: € 550,000

Vilamoura
Beautiful villa with golf view composed of 4 bedrooms, 5 bathrooms, lounge with fireplace and dining area, kitchen, laundry room, 2 storages and terraces. Garage, sw. pool and garden. Plot area 454 + 191 sq.m. of green area. Construction area - 152 sq.m.
Ref: V12646 Price: € 960,000

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Ref 933 - Vila Real de Stº António - € 125.000
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Ref 930 Altura - € 280.000
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Ref 931 - Conceição de Tavira - € 400.000
Five bedroom, six bathroom large villa very close to Benamor golf course, positioned on a quiet street in the village close to facilities, cafes, chemist etc. V large lounge with fireplace, basement, patios, central heating and air conditioning.

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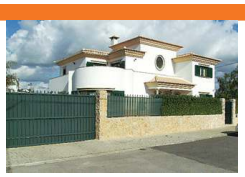

ALMANCIL
Ref. V82043 – Price Reduced
Located in very quiet area nr Vale do Lobo ´Golden Triangle´,627 sq.m plot w/ 365 sq.m. constr. area . Granite floors. 4 rooms (3 en suite). Fully fitted kitchen, laundry, A/c, central vacuum & surround sound sys. Garages w/ electric gates. Games & cinema room on gr. floor, 5/6 carpark. Private garden w/ salt water sw. pool, double BBQ - Summer kitchen. Hot water garden shower. South facing, partial sea view, 5 min from beach. Alarm/CCTV. Must see!
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LOULÉ
Ref. V92511 - Rare opportunity
4 bedroom wooden chalett style villa, high quality constr., 5 mins drive to market town of Loulé. Approx. 20 mins drive to golden sandy beaches & Qtª do Lago, V. do Lobo & Vilamoura golf courses. 1.506 sq.m plot w/ 158 sq.m. constr. area. Fully fitted kitchen. Spacious landscape garden w/ poss. to build sw. pool. Garage w/ ample storage room. Borehole at 325 metres. 30m3 Cisterna. Sea & country views.
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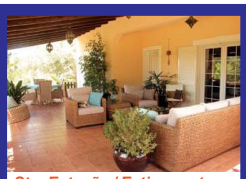
Vilamoura: 289 301 294

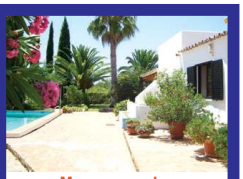
Near Fuzeta
Renovated 3 bedroom/ 2 bathroom villa (124 m2) in excellent decorative order. Easy maintainable plot of 520 m2 with large parking area in cobble stone. Roof terrace enjoying sea views. Fully fenced, double glazing with PVC, solar system.
Ref: LHV-1001 - Price: € 245.000

Altura
Brand new 4 bedroom / 3 bathroom villa of 147 m2 with garage of 19 m2. Light living room, spacious kitchen. 860 m2 of South-West facing plot. Quiet country side location. Landscaping of plot to be finished. Offers invited.
Ref: LHV-1060 - Price: € 325.000

Tavira
Well-maintained 3 bedroom / 2 bathroom countryside villa (144 m2) with 8 x 4 heated swimming pool enjoying beautiful country views. Located 5 km from Tavira centre on a 1100 m2 plot with an abundance of fruit trees. Easy access.
Ref: LHV-1055 - Price: € 360.000



Sto. Estevão / Estiramantens
Tastefully renovated country side villa (126 m2) w/ large covered terrace of 44 m2 & annex of 37m2. Spacious living room, large rustic style kitchen, 3 bedrooms, 1 bathroom. 1597 m2 of land on an ideal location near Stº Estevão.
Ref: LHV1048 - Price: € 380.000
(reduced from € 420.000)



Moncarapacho
Remarkable, South-facing quinta with 265 m2 covered area and large 12 x 5 swimming pool situated on a secluded plot 2 km from Moncarapacho centre. Sea views from 1st floor. Extensively landscaped gardens. Double garage.
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- Garage & garden
- Villa 165m² plot 4.850m²

Ref. V878
Price: € 390.000

Santa Bárbara de Nexe
- Beautiful villa & gardens
- Lovely views to coast
- 3 bedrooms 3 bathrooms
- Heated pool 10m x 5m
- Games area, playground
- Villa 200 m² plot 3.210m²

Ref. V1072
Price: € 660.000

Bordeira
- Beautiful spacious villa
- Totally renovated 2009
- Spectacular coast views
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- Pools, garage, terraces
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In India bright colour is treated as an essential component to the decorative scheme.

Home on The Raj

Gabrielle Fagan helps you be inspired by our Indian summer and conjure the heat of the East with our selection of 'hot' homeware.

It's understandable we're relishing autumn's sunny days and hoping they'll linger for as long as possible.

We're enjoying what's known as an "Indian summer" - a spell of warm, hazy weather that can occur in September, October or even November.

But wishful thinking won't ward off winter's icy winds and storms forever, so it's time to find a lasting way of conjuring a warm atmosphere - by treating rooms to a dose of hot-house style this autumn.

Turn to a decor scheme inspired by India, with the embellished furniture and jewel-rich colours of its interiors perfectly in tune with our growing desire to banish yesteryear's cool, bland room schemes.

And it's timely that a major new exhibition is celebrating the nation's rich decorative style and culture.

Maharaja: The Splendour of India's Royal Courts is on show at London's Victoria & Albert Museum from October 10 to January 17, and features stunning collections including paintings, gem-encrusted jewellery, saris and even an opulent throne.

Luckily, you don't need the wealth of those bygone rulers to create a contemporary interpretation of India's style as it's been embraced by high street stores and online companies, so there's an array of affordable treasures and gems which will help give homes an exotic glow.

You could simply feature one key ethnic-inspired piece, maybe a carved dark-wood side table, or add shimmering, bejewelled lamps, silky throws and a scattering of sparkling beaded cushions to transform a room into a decadent, sumptuous sanctuary.

Finish with a dash of spicy colour - reminiscent of a colourful Bollywood film set - on a wall and you might be able to put off turning on that heating for a while.

Summer's sultry days needn't be a distant memory if you choose from our feast of hot homeware.

• Set the scene

Go truly authentic with bold wall colours characteristic of India, such as green, deep and vibrant orange, terracotta, red or - most contemporary (but only for the brave) - hot pink!

Alternatively, walls painted in soft whites or pastels are an ideal, simple backdrop if you're displaying richly-coloured accessories.

"In India, bright colour is treated as an essential component to the decorative scheme," says Judith Miller, who features a host of inspirational colour schemes in her beautifully illustrated book, Country Colour (Jacqui Small, £30/€38.50).

She explains that just as precious jewels were used to decorate the Taj Mahal, so colour is used to radiate in an interior.

Her advice: "It's especially effective when used with bright saturated florals, fabrics with strong contrasting pattern and silks."

• Far east fabrics

Floaty fabrics in bright colours, often with several contrasting shades used together, are a seductive way to dress windows or equally as effective as ultra-feminine hangings for a four-poster bed.

Fabrics such as those used for saris like Georgette (a blend of nylon or polyester) or chiffon in nylon or silk can simply be draped over curtain poles or used in layered panels.

Source from specialist fabric shops or markets, or from online companies such as www.indian-accessories.com.

• Furnish and flatter

Decorative, embellished furniture with intricate carvings, or pieces with a beaten metal finish are eminently suitable for a little palace that you can call your own.

Carved wooden furniture sits well in any space, and while your own throne might be hard to find, there are some bargains to be had.

• Capture an eastern glow

Lighting should be subtle, otherwise the glamorous, seductive feel of this look will be lost.

Ornate chandeliers and lamps with beaded shades and flickering candlelight make an ideal combination for illumination.

• Bazaar accessories

One of the joys of this style is that one or two eye-catching accessories may be all that's needed to "transport" a room to warmer climes.

Build up the heat - and the look - gradually by sourcing items such as decorative glass handles to revamp a cupboard or door, embroidered cushions or jewel-coloured throws.

Laurence Llewelyn Bowen footstool, from Matalan. (www.matalan.co.uk)

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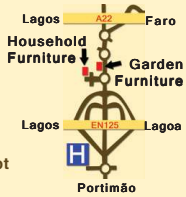

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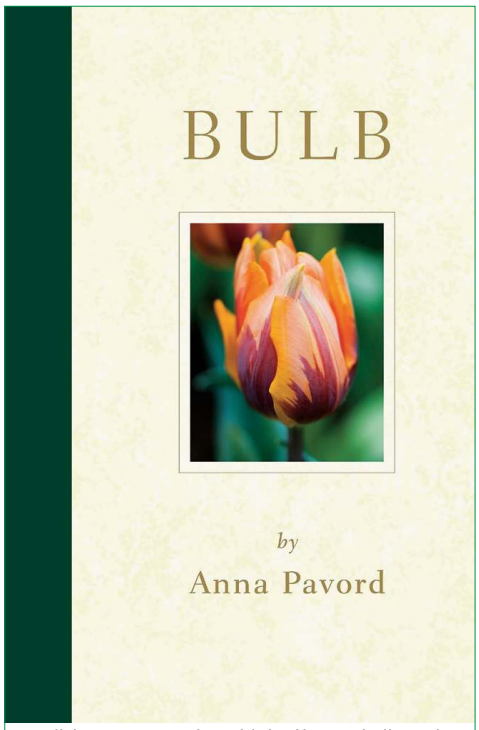
Perfect time to plant tulips

A decade ago, Anna Pavord's book The Tulip set a benchmark for biographies of the popular bulb, and the celebrated gardening writer has included the flower again in another informative and beautifully-photographed tome, simply titled Bulb.



Bulb by Anna Pavord is published by Mitchell Beazley, priced £30/€33.20.

Pavord, who sits on the parks and gardens panel of English Heritage, has been growing tulips for 40 years and grows around 20 new types each year.

"One thing that strikes me is how brilliant the wild tulips are, and they are increasingly available through bulb companies and garden centres. Wild types are much smaller than we are used to, and are not only supremely beautiful but are much more likely to stay than other types."

While daffodils are best planted in early autumn, tulips suit late October or early November.

"The two things tulips need to thrive are perfect drainage and to be baked in the summer sun," Pavord explains.

By growing tulips in pots you can adjust the drainage, making sure containers have drainage holes at the base, a layer of crocks at the bottom and a fast-draining potting mix such as John Innes No 3 mixed with a handful of gravel or grit.

"Do not use composts made with peat," Pavord advises. "Tulips like alkaline conditions, not acid ones."

Portugal provides the summer baking which prompts new flower buds to form deep in the hearts of the bulbs, which is why many tulips will flower as well in subsequent years as they do in their first.

The wild varieties tend to be able to put up with lesser conditions than other types, Pavord observes.

"By choosing carefully, you can have tulips in bloom outside from February until early June. In a mixed bed or border, you can use tall tulips towards the back of a scheme or at the centre of an island bed, with shorter tulips growing towards the front of the border," she says.

Pavord loves her tulips in pots. Again, different heights should be taken into consideration and, as a rule, the tulip should be around the same height as the pot is deep.

"All showy tulips will need a pot which is more than one foot [30cm] high. Smaller wild tulips can be grown in a more pan-shaped container," she says.

"Set three pots in a group together, two pots packed full of medium-height tulips arranged in front of those filled with taller types. This triangular grouping fits well into a corner, made perhaps where your house wraps around a terrace.

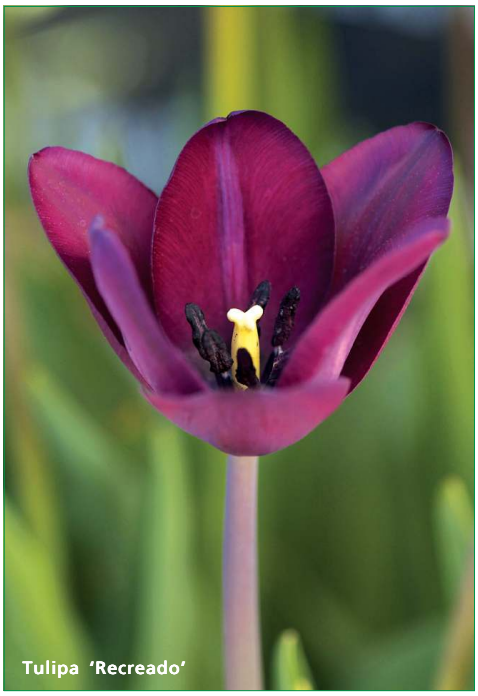
"In a scree, or some other gravel-covered area, low-growing tulips look best."

As a rule, tulips should be planted three times deeper than the height of the bulb itself, although gardeners whose soil is heavy or clay may plant more shallowly than those with fast-draining, sandy soil.

Containers should be watered well after planting, and then left until they have almost dried out before watering again. When the tulips are in active growth they'll need a steady supply of moisture, but don't waterlog them or the bulbs will rot.

Among Pavord's favourites are Tulipa orphanidea, a species growing to 21cm with pointed petals, in shades of yellow, orange or red.

"It's quite short and good for exposed areas, and the colours go from lemon sherbet to soft apricots and oranges. They look good in pots."


Tulipa 'Recreado'

She also favours T linifolia Batalinii Group, an early variety in yellows or oranges which should be grown on their own in pots - nothing should be allowed to overshadow their splendour - or in the ground mixed with wallflowers. These tulips should return each year and increase to make a rich mat.

Pavord also loves lily-flowered tulips such as 'White Triumphator' mixed with forget-me-nots, and 'Ballerina', an elegant tulip in sunset shades of orange and red which is also sweetly scented with the subtle aroma of primroses.

Of course, no tulip lover could go without their gaudy, gregarious parrot varieties in all their frilly glory and dazzling colours.

"I love 'Orange Favourite', a zinging orange which is interestingly marked and has scented flowers," Pavord enthuses.

While tulips undoubtedly look great in pots as stand-alone specimens, they also have some ideal plant partners. "In borders you need at least 25 bulbs, and thread them through the area with hostas, wild geraniums and bronze fennel."

Hannah Stephenson

Top tips to... maintain winter interest

1. Experiment with combining bulbs and other plants such as snowdrops with early miniature iris and hellebore, or using the foliage of Cyclamen hederifolium as a background.
2. Prune coloured stems regularly in March, as the best colour comes from the current year's growth.
3. Use strong contrasting leaf colour and shape of evergreens to attract attention.

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Plant of the week

Callicarpa Bodinieri 'Profusion' - Beauty Berry

We see loads of shrubs adorned with red and orange berries at this time of year, but not many with the bright purple beads produced by this striking deciduous shrub (pictured right), better known as the beauty berry, which grows to around 3m.

The young foliage is often bronze-purple, becoming dark green in summer before turning golden purple in autumn. It produces pale pink flowers in midsummer, but is generally grown for its colourful fruit and clusters of shining, bright-purple berries which are retained on the bare branches after leaf fall.

This shrub can be grown in full sun or light, dappled shade, in well-drained, fertile soil. Planting in groups will maximise fruiting. Plants tolerate a little lime in the soil, but conditions which are too alkaline will cause leaf yellowing.

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News for parents

Lisa Salmon looks at the weird, wonderful and sometimes weary world of parenting.

Children still have a better chance of becoming a top scientist or scholar if they are privately educated, a study has found.

Four in 10 of the UK's leading scientists and scholars went to private school, even though the independent sector educates just 7% of children, according to research by the Sutton Trust.

The educational charity analysed the school and university backgrounds of more than 1,700 of the 2,200 Fellows of the Royal Society and the British Academy.

The findings show that of the 1,341 with known UK school backgrounds, 42% - or 557 people - went to fee-paying schools.

Some 58% were educated in the state sector, including 43% who went to selective grammar schools.

The study found that younger Fellows (those born between 1950-59 compared to those born between 1920-29) were slightly less likely to have been educated privately.

Traditional children's nursery rhymes could be heading for extinction, experts have warned.

Rhymes passed down from parent to child for generations are being shunned for more fashionable modern alternatives, they said.

A survey by the charity Booktrust revealed that such traditional tools are seen as too old-fashioned by modern parents - meaning old favourites including Hey Diddle Diddle and Mary Mary Quite Contrary could be forgotten.

Only 36% of the parents surveyed regularly read nursery rhymes with their children, while almost a quarter admitted to having never sung a nursery rhyme with their child.

And more than 20% of young parents claimed not to use them because they were not educational.

But experts said use of the rhymes could play a vital role in children's language development, and help to form a loving bond between parent and child.

Booktrust(www.booktrust.org.uk) will distribute one million books of the nation's top-eight rhymes in celebration of Bookstart, to help today's parents rediscover their love for them.

Thousands of families from across the UK will be invited to take part in a range of activities to highlight the fun of book-sharing. These will include Bookstart Rhymetimes, which enable the whole family to share and enjoy rhymes with children, appearances from the Bookstart Bear and song and story-telling sessions.

When babies move on to solids, most parents are hungry for information about what their child can eat.

A poll by the UK School Food Trust found that 50% of parents look for information when they are weaning their baby.

Yet the parental quest for nutritional knowledge dries up as children get older, and just 11% of parents with primary-school age children seek out feeding information.

However, 94% of parents agree that the right school-food choice has an impact on their child's development.

To help them, the School Food Trust has created The Little Book Of Goodness to provide advice, make school-food choices simple and re-engage parents with their child's dietary needs.

The Little Book Of Goodness is being distributed to more than 17,000 UK primary schools across England for parents of reception-year children. Parents can request a booklet by visiting schoolfood.uk.msn.com to download a copy.

Readers Tip

When your child asks for help with homework, give guidance but not answers. If they don't work it out for themselves, they will never learn.

Website of the week:

www.griefencounter.org.uk

The Grief Encounter Project is a bereavement charity set up to help bereaved children and their families. Its website features zones for kids, teens and adults, and includes blogs from bereaved children, a memory board and many other ways to remember lost loved ones. There are also interactive games and ways to get support following a death - be it a parent, grandparent or even a pet.

Three ways to...

relax when you've got a new baby

1. Meet other new parents through local support groups - take your baby for a coffee with them and discuss your experiences.

2. Make an effort to maintain your interests, such as the gym, by getting your partner or family members to look after baby while you go out.

3. Get your baby to fit into your routine too - if you fancy a walk when they're due for a nap, put them in a sling or the buggy and take them with you.

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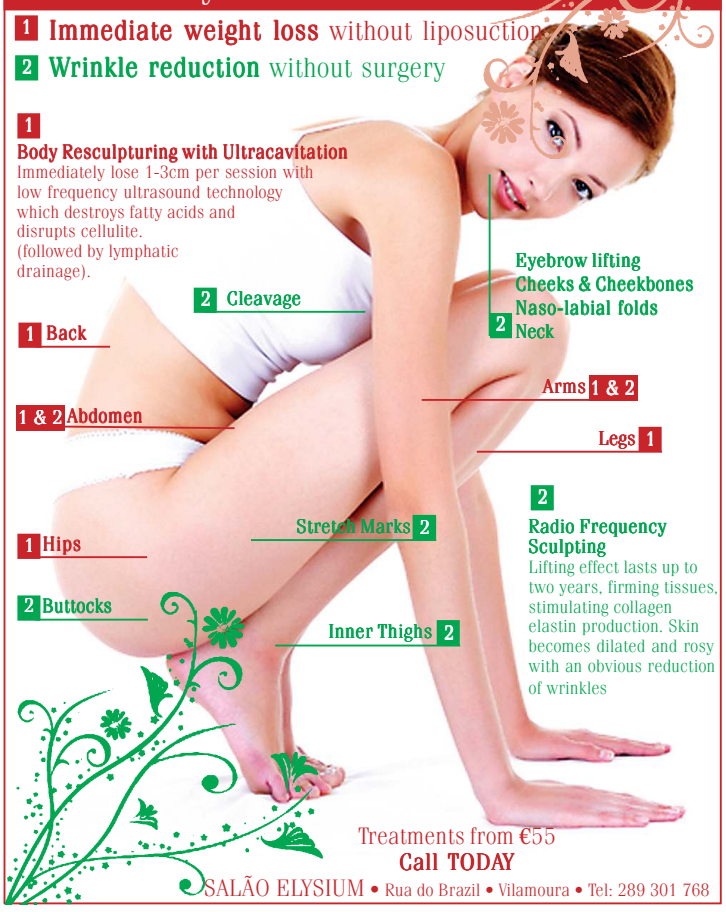

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Sniffing out a good scent

Lisa Haynes sniffs out the perfect new scent with our expert guide.

Picture the scenario: A loved one has asked for perfume as a gift or Christmas treat but wants you to "surprise" them with your choice.

Simple, you think - until you reach the perfume counter to be greeted with hundreds of scent bottles, an overwhelming waft of aromas, and only one nose to find 'the' elusive fragrance.

The search for a scent is no easy feat but can be so rewarding when you get it right.

More than two thirds of people say that when they wear a scent they received as a gift, it brings back memories of the person who gave it to them, a new survey by P&G Prestige Fragrances reveals.

"The main goal of giving a fragrance is to make someone fall in love with their new scent and enjoy the luxurious experience of wearing it," says Will Andrews, P&G fragrance expert.

Whether you're looking for a new scent or buying a dressing table indulgence for another, develop a nose for picking the perfect perfume with our guide.

Scent-sational powers

Think you've got your present recipient sussed? Buying a fragrance gift isn't just about picking out the scents you like, but guessing whether it will suit their individual mood and style.

"The power of perfume is very much linked to personality," Will explains. "Picture the personality of the fragrance wearer and think of their hobbies and passions - often there are clues that will lead to a preferred fragrance."

Don't buy the first fragrance you see because it's reduced or flaunting a buy-one-get-one-free offer tag.

Psychologist Geoffrey Beattie says the effects of perfume can't be underestimated: "The right perfume lifts your mood state but it has to connect to the kind of person you are," he warns.

"Smell is strongly linked to emotions and memories. There's nothing more provocative than a spritz of perfume to bring memories of a special person or event flooding back."

Perfume personalities:-

Free spirit

An independent soul who shuns convention and acts on impulse. She seeks out adventure and new experiences, yet she's sensitive with hidden depths. Look for fragrances with fresh fruity or woody top notes.

True romantic

A day dreamer with a soft heart and oodles of femininity. She is sentimental and traditional in her tastes with a warm personality. Seek scents with a luxurious, lingering soft woody base.

Silent seductress

Utterly irresistible, every man turns their head when she walks into a room. She oozes self confidence and knows just how to get her own way. Try stronger parfum scents that will act as her love potion with intoxicating floral and musky notes to leave a lasting impression.

Social butterfly

Outgoing with a youthful sensuality. She loves to stand out in a crowd and people gravitate towards her infectious personality. Look for scents with enlivening fruity top notes balanced out with warm vanilla and creamy musk base notes.

Scent hunting tips

Still having trouble deciding on the scent to wrap up for a loved one this Christmas? Avoid a screwed-up disapproving nose by sniffing out their ideal scent with some detective work. Follow these fragrance finding tips:

• Have a snoop on their dressing table and find out what they're wearing at the moment. Check the concentration, eau de toilette (EDT), parfum or unisex cologne, to assess the preferred strength of their scents.

• Jot down the names of her current favourites and take them to a beauty counter or perfume shop. Consultants will help you suss out her favourite 'fragrance family' and find a similar scent. Somebody who adores heady musky fragrances won't appreciate a light fruity floral.

• Check out The Fragrance Shop's new fragrance finder. Their expert Dr Nose will guide you through each step of your perfume preferences and offer her recommendations before you make your purchase. Visit www.thefragranceshop.co.uk

• Indulge her with her signature scent by buying a gift set. Layering with shower gels, body lotions and body sprays will build up a base of long-lasting perfume molecules on the skin giving her a whole new fragrance experience.

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Banishing bad moods for

What happens when doctors become patients? We take a look at the science of mental health, moods and happiness ahead of the release of Dr. Liz Miller's book 'Mood Mapping'.

What makes one person consistently moody, while another is usually quite content? Is it down to their lifestyle, their job, or their DNA?

These are the questions that psychologist Dr Liz Miller has spent the past decade investigating. And her research has found that moods aren't just the random throws of dice most of us tend to think they are - nor are they entirely dependent on our genes.

Instead, they are an internal measure of how we feel at any given time. And by identifying the physical and emotional factors that affect our moods, we can actually work on banishing the bad ones for good.

Moods are an integral part of our mental health, affecting our behaviour, thinking, emotions and physical health. With one in four of us suffering from a mental health problem at some point in our lives, according to the mental health charity Mind, gaining control over our moods is essential in helping us to maintain our own well-being.

"Mood is the most important and least considered part of our minds," says Dr Miller, whose book Mood Mapping: Plot Your Way to Emotional Health and Happiness, uses a new technique called 'mood mapping' to help people better control their moods.

"Your mood has more influence and impact on your day-to-day affairs than any other aspect of your psychology. Our lives and our successes are defined as much by our moods as they are by our personalities."

But is it really possible to turn that frown upside down for good? With a little work and some patience, it most definitely is, says Dr Miller.

What is 'mood'?

We often think of 'mood' as an inherent part of who we are as people. But that's only one part of a much larger picture, says Dr Miller.

"Mood is chemical in that it depends on how much serotonin and dopamine occur naturally within your body, but it is just as dependent on your surroundings, your physical health, your emotional health, your relationships, and your values. These are known as the five keys of mood."

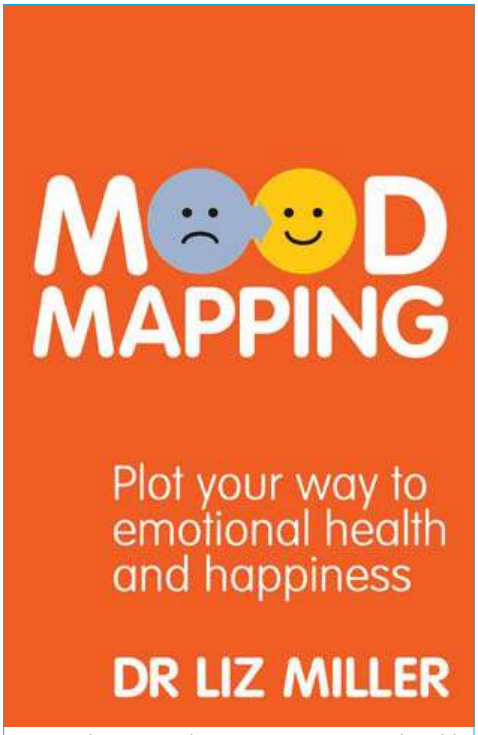
By altering just one of those things, you can help alter your mood. For example, if you live in the city, Dr Miller suggests: "Get out into the countryside, or even just your local park or gardens. Studies have found that this has an immediate relaxing effect on the brain."

Mood is such an intrinsic part of our day-to-day existence, however, that we are often not aware of it until it becomes extreme, says Dr Miller.

"We often don't pay any attention to our moods until we're in a really anxious one, worried over an upcoming exam or presentation, or when we're really happy over something like a promotion.

"But by paying attention to how you feel every few hours, every day, you can change how you feel in the moment and how you feel overall."

While everyone experiences natural highs and lows, often throughout their day, 'mood disorders', such as bipolar disorder, are characterized by chemical imbalances of



Mood Mapping: Plot Your Way to Emotional Health and Happiness, by Dr Liz Miller, published by Rodale, priced £12.99/€14.40.

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good

seratonin and dopamine within the body.

It was actually being diagnosed with bipolar disorder herself in 1997 that led Dr Miller to develop the concept of "mood mapping". Sectioned under the Mental Health Act after working for nearly a decade as a neurosurgeon, she spent 18 months in various psychiatric hospitals, where she began the practice of keeping a daily journal.

"There's a lot of prejudice against doctors with mental health problems because there's an attitude that, as a doctor, you should be able to survive anything," she says.

"So I tried to find my own cure by recording everything I did every day - what I ate, how much money I spent, if I did any exercise and how I was feeling.

"And I realized that only two things really mattered: how much energy I had and how well I felt. And that was how I came up with mood mapping."

What is 'mood mapping'?

Dr Miller plotted her energy and well-being on several occasions each day at the same time onto a graph. After a while, patterns emerged that allowed her to recognize which aspects of her life needed more focus and which events had led her to sulk for days on end.

"We generally think of moods as either 'good' or 'bad', but mood mapping actually puts your mental health into two dimensions, which makes it easier to handle," she says.

"So if you spend a lot of time being anxious or depressed, for example, then you know you should start looking at where the problems are, because moods don't come out of the blue."

Dr Miller's book is set out as a 14-point plan which requires the user to check in with himself every few hours, every day, for two weeks, to create a mood map that can be used to maintain his mental health.

Based on the premise that bad moods give rise to bad thoughts, unhelpful emotions and poor mental and physical health, the book is aimed at helping the user identify what needs to be changed "to give rise to positive thinking, enhanced creativity and intelligence", says Dr Miller.

"Once you know you can choose your moods, you can always perform at your best, and will always have at your fingertips the strategies you need to change your mood, when and where you want to, in the short and long term."

Dr Miller is hoping that the technique can be used not just by patients but by doctors as well. The book has been released ahead of World Mental Health Day, this Saturday October 10, which is themed this year as "Mental Health in Primary Care: Enhancing Treatment and Promoting Mental Health".

"Patients need to be able to learn how to manage their own moods better and determine what it is that's affecting their moods, but doctors can also benefit from mood mapping to help them manage their consultations better," she says.

Julia Lamb, of mental health charity Mind, believes that mood mapping can help people feel more positive and can change their overall well-being for good.

"Mood is an important part of mental well-being, and by mapping your mood, you can help to see any patterns that emerge and if your moods are connected to any particular stresses or events in your life," she says.

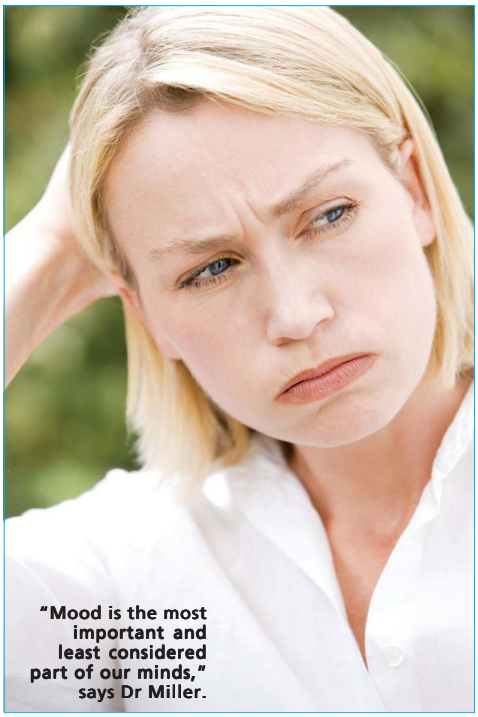
"You can then change those connections to make yourself feel more positive. But if you're feeling down for more than two weeks and can't trace your mood back to a particular cause, we recommend that you see your doctor to talk about it."

Mood mapping is a tool that can be used not just to alter one's own mood but can manage the moods of those around you, including your family and colleagues. And, used correctly, it could even be a useful tool for those suffering from long-term mental health problems, Dr Miller says.

"What my research and experience have proven is that mood and its associated chemicals respond more to the five keys of mood than they do to drugs," she says.

"By physically managing your mood, it is often possible to dispense with drugs entirely."

Kate Hodal



"Mood is the most important and least considered part of our minds," says Dr Miller.

Exercise can improve your mood.

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Ruin near Faro Railway Station

SIR, This strange ruin (pictured below) stands in the wetlands close to Faro Railway Station. I have been attempting to discover what was its purpose, but to no avail. Does anyone have any information about this. I would appreciate any help. Thank you.

ERNEST REAVILL, By e-mail

The foreign vote

SIR, The effect of the foreign, particularly British resident, vote in the recent local elections as reported in your lead story last week is particularly evident in Faro and the Santa Barbara district.

The narrow victory of Sr. Macario Correia clearly shows the importance of the marginal expat. vote and may result in significant changes in how things are run.

The decision to hold a public meeting in English language at Santa Barbara to involve these voters and hear their concerns certainly seems to have been a wise move.

Nevertheless there are many of my fellow countrymen who think that local politics are not their concern. Let's hope that these events will concentrate their minds to become involved in future.

EDWARD GOLDMAN, Santa Barbara de Nexe

Crime on the Algarve

SIR, Unfortunately I read your publication of 17/10/09 in the airport on way home. Your articles on the increase in crime were interesting and I wish I had been made aware by Clube Praia da Oura in Albufeira because this may have prevented me and my wife becoming a victim of a street robbery. The incident took place at CPO on my way to the apartment on the 10/10/09 at 1.30a.m. What I would like you to print in your paper is some sound advice for tourists to enable them to reduce the risk of becoming a victim. I think in fairness that crime is a global problem and not exclusive to the Algarve but I feel that the holiday providers must make the customer more aware and provide appropriate advice:

1. Always ensure your apartment is secure, never leave windows open for ventilation even when you are in bed.
2. Use the safe provided.
3. If you must carry valuables use a bag with an extended strap which you should place diagonally across your person with the opening leaning against your person to prevent purse thefts.
4. Never carry personal documents and cash in the same bag.
5. Walk in groups where possible.
6. Choose your routes to bars and restaurants where there is good lighting and natural surveillance and lots of people.
7. If you are coming back to the complex in the early hours use the local taxis.
8. Report anything suspicious to hotel staff and always report the crime to the local police.
9. And lastly alcohol impinges on our sixth sense, this is the sense which tells us we are in danger so reduce your alcohol consumption.

TONY MORAN, Northumberland Fire and Rescue Service, Safer Communities Team

About climate change

SIR, I am writing in response to Mr. Nuttall (The P. News, 3rd. Oct. - Averting catastrophe).

Whilst I agree with all that he wrote about sustainable land use and the practices he advocates, I believe they are more appropriate a little further north.

I live in the eastern Algarve 'half way' to Spain, which in turn is 'half way' to North Africa and 'half way' to desertification - we maybe next. In the last year here we have experienced extreme weather - drought, temperatures reportedly above 40º and below -5º, flooding is to be expected.

Regarding soil as a carbon sink I am aware of a study in which land was artificially warmed a little over a long period of time, which lead to a significant release of the carbon previously held within it - a climate change 'double whammy'? To write of "providing natural pasture", "grazing" and "dairy produce" in this climate does not seem feasible.

This all indicates to me that we (especially as estrangeiros) should look at traditional crops and ways of farming here and find ways to absorb the best info. [for] a uniquely revised organic permaculture and rotation system, to suit our 'brittle' climate in order to be sustainable, productive and keep the soil alive.

If we can do this it maybe of great use in the rest of southern Europe and other marginal parts of the world.

J. WRIGHT, Sta. Catarina Fonte Bispo

PS I would welcome less column space devoted to cats (and R. Lavery) which I hope all live long and happy lives and end up naturally, as compost.

The flu injection

SIR, It was a beautiful morning and I awoke early full of vim and vigour. Being in such a good mood I decided I should do something positive with my day and as my annual flu jab was due I thought I should pursue this course. I searched my filing cabinet (every draw in the house, especially my sock draw) for the necessary documents, passport, residentia, fiscal card, marriage certificate, TV licence, shotgun certificate etc. and eventually I was suitably armed with a substantial folder. I then boarded my car and set off for Portimão.

On my arrival at the Health Centre I struggled to find somewhere to park, but after turning down several side streets I managed to find a nice little spot about half a mile from the hospital and set off to confront the enemy. Being a logical person I entered the department that I had used the previous year only to find that they had installed a take a ticket system with a digital video readout on the wall. There were about 30 people sat waiting and it suddenly occurred to me that it was Monday. Never ever attempt to deal with bureaucracy anywhere in the world on a Monday, but it was too late now. With trepidation I approached the ticket machine and as I reached out for my number alarm bells started ringing in my head. Turning round I strode purposefully towards reception. Out of the corner of my eye I could see top lips curling back and I could feel mental daggers spearing me in the back. The reception lady informed me that the flu jab department had moved and gave me directions. My audience assumed their normal bored expressions and one or two smiled sympathetically as I walked out.

Outside the correct department there were about 20 smokers milling around and inside a further 30 or so patients sat awaiting their turn. I took a ticket from the machine and glanced at the digital screen which read 22. My ticket read 66 so I figured I had a while to wait. Not knowing what lethally contagious disease these people might be carrying I decided to wait outside where I amused myself by swatting flies. After a time I discovered that my success rate was about 1 in 10. This was mainly due to the fact that most escaped while I was manoeuvring for position. My actual strike rate was 1 in 3, which I considered good for a man of my age.

Suddenly my subconscious told me that the bell which informed people of a new number had slowed considerably and I went inside to investigate. Three of the four reception booths were now unmanned and things had ground to a virtual halt. Outside I tired of swatting flies and sat meditating over some of life's greater problems. Would no: 66 arrive before the sun reached it's zenith? This I calculated would be about 12:30 seeing that I was approximately 8 degrees west of Greenwich. If I set off the fire alarm would the staff realize that it was a hoax and remain at their posts while the patients fled? Eventually my turn came and after a verbal battle between my fractured Portuguese and her pidgin English I managed to convey that I required a normal flu jab and not the porco one. She asked for my medical card and I rummaged through my folder and exhumed the necessary article. I watched as she typed an essay on a computer keyboard and she then marched to the other side of her room to where a printer spewed out a printed A4 sheet. Returning to her desk she scribbled something illegible on the middle of the sheet and tore off the top 25% of the paper. She then grabbed a huge rubber stamp and slammed it down on top of the small bit totally obliterating half the information on it. This she wrote something on then handed it to me with a dismissive wave of the hand. I walked away clutching my precious paper and grinning like a loony. She'd written module 2 and seixta feira on the paper. I was a little disappointed to discover that module 2 was a similar place next door and not a martian space shuttle. Still, maybe Friday I just might get my flu jab and what a nice way to start my 60th birthday.

Meanwhile my wife is going down the same road, but she doesn't have a medical card and she's lost her residencia. However she is diligently pursuing the necessary papers. She has been on this quest for the past three weeks and she's due up before the doctor next Monday for what we hope will be the final straw!

FRED STEEL, By e-mail

Diverted Mind Traffic

I wonder where I put it
it might be in my bag
or on a shelf or in a pocket
I know I haven't lost it
it's odd how things go missing,
become invisible, play hide and seek,
slip through dimensions,
reappear where you'd swear
you'd looked and where you knew
they wouldn't be
maybe it migrated somewhere
the writing desk?
oh dear! this needs a cleanout
what's this packet
oh, last years' holiday snaps
just look at this one!
they say the camera doesn't lie
well this one did!
Christmas cards
these can go
but… this one's so special…
I'll keep it and…
maybe some of the others
well… just a few…
OK – all of them!
what's this
oh - last year's diary
January – resolutions
hearty laughter
well at least I made some!
letters… should've answered that one
and postcards…so many
this one's beautiful
must go through these sometime
Ah well!
Now…
what was I looking for?

JENNY FERNANDES

Portuguese for Beginners

LESSON 19

Verb "TER" in the Present Simple

⇨ **Write correct sentences with the words below. Follow the example.**

✔ *eles/ ter sono/ e/ estar cansado.*
Eles têm sono e estão cansados.

1. *as crianças/ ter sede/ e/ ter calor.*
2. *tu/ ter fome?*
3. *vocês/ ter frio/ e/ ter dores musculares?*
4. *ela/ ter febre/ e/ estar fraco.*
5. *eles/ estar pálido/ e/ ter fome.*
6. *nós/ ter medo/ e/ estar assustado .*

⇨ **Complete the sentences which follow with verb "*ter*" in "*Presente Simples do Indicativo*":**

1. Amanhã à tarde, o Roberto e a Ana _____ uma festa de aniversário de um amigo.
2. Os trabalhadores desta empresa _____ uma reunião sindical hoje à noite.
3. A aldeia _____ duas lojas, um café-restaurante, uma escola, uma agência bancária e um pequeno jardim público.
4. Esta casa não _____ garagem.
5. O Alberto _____ cabelos castanhos e encaracolados e a irmã _____ sardas.
6. A sopa _____ muito sal e a salada _____ pouco vinagre e muito azeite.
7. Tu _____ quatro moedas de cinco cêntimos?
8. Você _____ duas notas de dez euros?
9. Estas lojas _____ artigos de artesanato.
10. A sala de jantar _____ quatro janelas.
11. Amanhã de manhã, os meus colegas e eu _____ um compromisso.
12. Estas maçãs _____ um sabor muito ácido.
13. Os vizinhos _____ a porta de casa aberta e as luzes da cozinha acesas.
14. Um século _____ 100 anos.
15. Uma semana _____ 7 dias.
16. Este livro _____ 50 páginas.
17. Eles _____ férias em Outubro.
18. Tu _____ alguma dúvida?
19. Nós _____ dois filhos: a nossa filha _____ sete meses e o nosso filho _____ dez anos.
20. Esta flor _____ um cheiro muito activo.
21. A Dona Teresa _____ setenta e quatro (74) anos e o marido _____ setenta e nove (79).

Please send your completed exercises with a **STAMPED, SELF-ADDRESSED ENVELOPE**, to me: Emília Rosendo at **The Portugal News** and I will return them corrected.
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SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Answers next week.

Easy

			1		7			
7								6
	2	3				5	4	
	5	2	4		9	7	1	
			6		8			
	7	4	5		2	3	6	
	3	1				9	7	
4								5
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Medium

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Hard

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				5	3	7		

Last weeks solutions:

7	1	3	5	9	6	4	8	2
2	4	5	8	3	7	6	9	1
8	9	6	4	2	1	3	7	5
4	8	1	9	7	5	2	6	3
3	7	2	6	4	8	5	1	9
6	5	9	2	1	3	7	4	8
9	3	7	1	6	2	8	5	4
5	2	4	7	8	9	1	3	6
1	6	8	3	5	4	9	2	7

8	9	3	6	7	1	2	4	5
6	4	7	5	9	2	8	3	1
1	2	5	3	4	8	7	9	6
9	6	8	7	5	4	1	2	3
2	7	4	9	1	3	6	5	8
5	3	1	2	8	6	4	7	9
3	1	6	4	2	9	5	8	7
7	8	2	1	3	5	9	6	4
4	5	9	8	6	7	3	1	2

1	5	7	2	4	3	8	6	9
3	6	2	7	8	9	4	5	1
9	4	8	6	5	1	3	7	2
4	3	9	1	2	6	7	8	5
7	8	1	9	3	5	6	2	4
5	2	6	4	7	8	1	9	3
2	9	3	8	6	4	5	1	7
8	1	5	3	9	7	2	4	6
6	7	4	5	1	2	9	3	8

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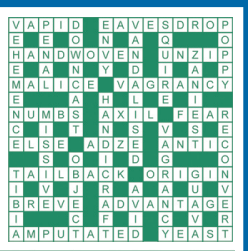
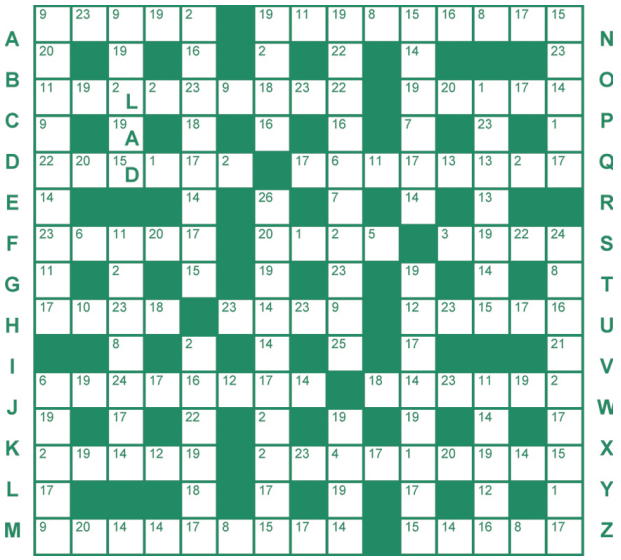
CODEWORD

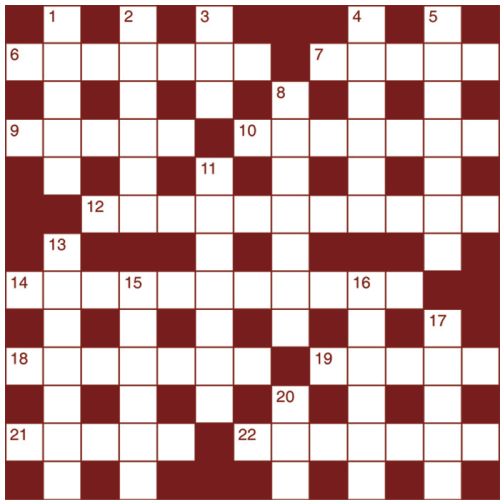
Each number in the grid represents a different letter of the alphabet. Decipher the code to fill in the crossword. Three letters are already in place and the check-box and letters either side will help you keep track of progress.
(Right: Last week's solution)



1	2 I	3	4	5	6	7	8	9	10 N	11	12	13
14	15	16	17	18	19	20 O	21	22	23	24	25	26



PRIZE CROSSWORD 1034



ACROSS
6. Protection (7)
7. Obscure (5)
9. Trivial (5)
10. Liberty (7)
12. Outlay (11)
14. Agreeing (11)
18. Assert (7)
19. Blemish (5)
21. Material (5)
22. Gather (7)

DOWN
1. Postpone (5)
2. Zenith (6)
3. Deed (3)
4. Menace (6)
5. Put off (7)
8. Forecast (7)
11. Merrymaking (7)
13. Receives (7)
15. Exaltation (6)
16. Almost (6)
17. Courage (5)
20. Intimidate (3)

A €10 Griffin book token will be awarded to the sender of the first correct solutionopened next Thursday. Solutions to: The Portugal News Crossword Nº 1034, Apt. 13, 8401-901 Lagoa. Please be sure to enclose your name, address and phone number. If books are supplied by post, winner must pay postage.

WORDSEARCH

Find the hidden words within the square. The word may start anywhere and go in any direction.

Q	X	G	F	P	E	R	U	T	R	A	P	E	D	E
J	N	X	Z	L	J	Y	Y	F	O	A	N	F	X	A
Q	O	Y	J	N	E	T	C	O	A	I	L	C	U	M
F	I	I	B	W	T	I	I	L	M	R	E	T	X	W
E	T	A	R	O	I	R	K	L	I	P	H	V	C	Y
D	C	A	C	D	P	O	W	O	T	O	I	V	T	R
S	U	L	O	T	S	I	H	W	R	R	V	I	H	A
R	R	E	N	N	E	R	E	I	O	T	C	S	T	N
O	T	N	C	U	D	P	T	N	P	I	W	D	O	K
T	S	T	E	O	U	I	Z	G	R	D	R	E	O	I
C	N	E	R	C	E	M	E	T	E	R	Y	R	M	N
O	O	J	N	S	C	E	C	Z	E	U	S	D	S	G
D	C	O	E	R	C	E	R	S	Z	N	J	N	A	S
S	P	H	D	P	L	H	E	A	L	T	H	U	D	V
R	A	F	R	E	E	D	O	M	D	Y	O	H	B	H

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SPOT THE DIFFERENCE

See if you can find 6 differences between the two photos.

Answers Crossword Nº 1033

Across: 1 All the same; 7 Chain; 8 Visitor; 10 Illusory; 11 Eden; 13 Encamp; 15 Secret; 17 Tier; 18 Proceeds; 21 Lattice; 22 Agree; 23 Prospector.

Down: 1 Avail; 2 Lonesome; 3 Hovers; 4 So-so; 5 Matador; 6 Accidental; 9 Runs to seed; 12 Penchant; 14 Creator; 16 Grieve; 19 Error; 20 Miss.

Last weeks winner: Peter Fowler from Guia

Last week's solution:

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THE PORTUGAL News Established 1977

Escape the tourist hordes in Venice

Gondolas and the island of San Giorgio Maggiore, Italy.

Discover how to enjoy this architectural paradise without bumping into any tourists.

If Venice ever sank into its lagoon, the world-wide tourist industry might never recover. Hundreds of thousands of visitors fill every crevice of this floating architectural wonder every year. But you don't have to become part of the tourist circus, all you need is a proper guidebook, lots of patience and a pair of blinkers to achieve a sought-after romantic break.

Having reached Venice by a leisurely two-day train journey from London via Paris and Zurich - a highly-recommended buffer between the real world and your holiday time - my partner and I had plenty of time to absorb our Time Out guide to the northern Italian city.

Determined to avoid extortionately-priced water taxis, we jumped on the Vaporetto (water bus) outside the train station and headed down the Grand Canal. While this service offers the most direct route through Venice and wonderful views of the city, you have to accept the boat's lurching motion and industrial-level shudders as part of the fun.

Joining the crowds at the city's main harbour, we bounced our wheelie suitcases over the pavements, as we passed through the world's most famous piazza - St Mark's Square.

Once inside the Ca' dei Conti hotel, a lush converted 17th-century aristocratic town house, we sank onto our bed's embroidered covers, comforted by this luxury after the shock of the city. That night we planned to walk as far away from St Mark's Square as you can on an island that's three miles long and two miles wide.

Walking out along the harbour, past huge luxury yachts towards the tranquil, woody area of Sant' Elena, we found a local restaurant, Al Diporto. Sitting with Italian families in one of the open streets of the Castello district, we feasted on freshly-caught sea bass, prosecco and polenta (cooked cornmeal, a Venetian speciality).

Wandering back along the shoreline, watching the lights flickering on the adjacent island of Giudecca, we slipped past the crowds in St Mark's Square and got back to our hotel, smug with holiday victory.

Having proved it was possible to get away, we spent the rest of our days trying to lose everyone else, or to simply get lost. And surprisingly, we discovered that most of Venice is free from tourists.

An easy way to make an instant escape is to catch a boat to one of the neighbouring islands. La Giudecca, to the south of Venice, is a gondola-shaped strand of eight islands. With a wonderful view of the Venetian skyline, it is the perfect place to watch the sun go down.

On advice from 'those in the know', we headed for the Cipriani restaurant, in search of a taste of Venice's legendary luxury and glamour. This city has always attracted or spawned famous residents, from Titian and Vivaldi to hard-drinking writers Ernest Hemmingway, Orson Welles and Truman Capote, and more recently Georgio Armani and Elton John.

Cipriani encapsulates that history - and can even lay claim to inventing the Bellini cocktail back in 1931, when Giuseppe Cipriani set up Harry's Bar on the mainland. We were seated a table away from Yoko Ono, Sean Lennon and his 23-year-old model girlfriend Kemp Muhl.

Drinking prosecco and swallowing wafer-thin pieces of carpaccio (sliced raw beef - another Cipriani invention), we weren't entirely sure which view was the more fabulous: the sight of the dome of St Mark's, or Yoko's profile. And after a personal greeting by Giuseppe's son, 77-year-old Arrigo Cipriani, we felt as though we had tasted a little slice of history.

I decided next day that taking a gondola ride in Venice was important. Booking online with Viator (www.viator.com) we went for broke with the all-singing, all-accordion-playing version. Hilarious, genuinely romantic and definitely good for your ego, we watched other tourists look on jealously.

Taking just 35 minutes, we still needed to fill the rest of the evening. Our guide book pointed us towards the relatively new restaurant Osteria Antica Adelaide, renowned for its boundary-pushing ways. We ate spaghetti with amaretti and smoked ricotta cheese, which taught us that you shouldn't cook pasta with biscuits, no matter how 'cool' your venue.

On our last day we took in a few sights, before looking for a traditional Italian restaurant to leave us smelling of olive oil on the boat back to the airport.

After three false starts - some restaurants just don't open when they say they will - the Venetian god of tourists brought us to Osteria da Alberto (www.meetingvenice.it/daalberto). After a brief look at the menu, we settled on a Venetian classic: red wine and heavenly plates of oily strings of spaghetti flavoured with clams, chillies and garlic. I think I'm in love.

Travel facts

Sarah O'Meara travelled to Venice with Railbookers, which offers European short breaks and holidays by train for independent travellers, not groups.

She stayed one night at the Schweizerhof Hotel in Zurich and three nights at the Ca'dei Conti Hotel in Venice, both B&B, on a 'Venice via the Alps' package from £589/€650 per person. Package includes travel by Eurostar and onward to Venice, and return journey by air.

Sarah used the Gatwick Express to Victoria, which runs every 15 minutes with a 30-minute journey time. All Railbookers packages return to London by BA.

Railbookers reservations: 00 44 (0)203 327 0800 and www.railbookers.com.

Sarah O'Meara

The Grand Canal, Venice.

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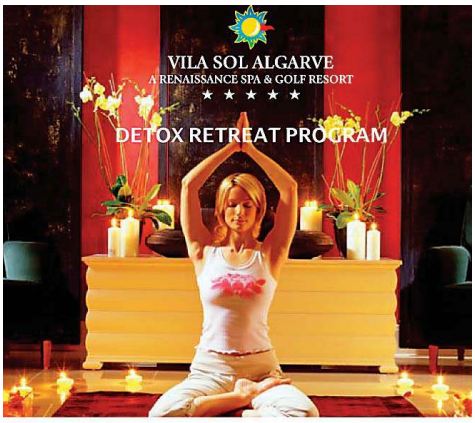
New York	€457.68
Funchal	€136.91
Kiev	€295.54
Athens	€308.98
Helsinki	€226.78
Johannesburg	€703.48
Warsaw	€220.91
Berlin	€219.98
Stockholm/Copenhagen	€205.92

All prices are starting prices for return flights including airport taxes (ticketing fee is excluded,exact amount subject to confirmation).

MAIN OFFICE:
Tel: 282 480 580
Fax 282 480 589
Email: info@airpass.pt
Mobile: 932 070 707

LISBON AIRPORT
Tel: 218 439 510
Fax: 218439 516
Mobile: 932 090 909



3 days program/33 hours – 27, 28 & 29 November 2009
649 Euros per person including accommodation at
Vila Sol Algarve Renaissance Hotel
Late check-out on Moday 30th November
Tel: 289 300 550 | Vilamoura | spa.vilasol@renaissancehotels.com
www.renaissancealgarve.com

NEW ROUTES
SUMMER '09
FARO AIRPORT
LONDON GATWICK
From 26 April
FLIGHT INFORMATION: +351 289 800 617 | faro.airport@ana.pt|Europe´s gateway to the sun
PC, pocket PC or PDA timetable downloads at www.faroairport.com.pt
Choose your destination: http://www.ana.pt/portal/page/portal/ANA/INOV_NOVOS__HORARIOS_TODOS
www.aerlingus.com Aer Lingus
ANA Aeroportos Algarve

Cat-unfriendly house plants

When cats go to the garden, they eat herbs that help with their digestion and satisfy their need to chew fibres. But there are potential problems that plants with toxic properties might cause. Be aware of the identity of your houseplants and learn if they pose potential threats to children and pets.

Give your cat home-grown herbs that he can chew. Cultivate them from seeds that you can buy in pet shops.

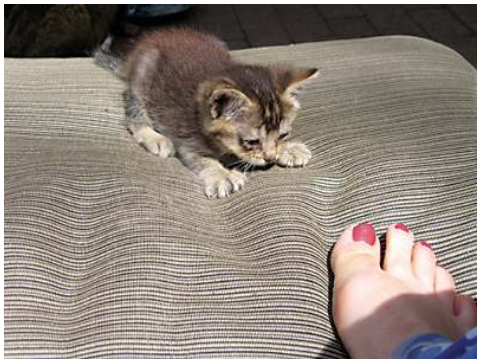
Any quick growth herb is ideal. Please be sure that the plants you have in your home are safe for your cat as there are indoor plants that can be dangerous if he chews and swallows them, like *iúca*.

Before you throw out all your houseplants for the sake of your kitten, take time to consider whether your cat can live with your plants. Some cats never touch houseplants while others can't leave them alone. You can still enjoy these plants, even the ones potentially toxic to pets.

If your cat is attracted to the plants you have in your home, put them out of his reach or surround them with sticky tape. Cats don't like to feel their paws glued to surfaces.

Alternatively, spray the plants with a bitter liquid (like water with piri-piri, lemon juice or vinegar), after testing in a small area to be sure the liquid does not harm the plant.

If your cat attacks your ankles



When your cat attacks your ankles, it can be painful. When your cat attacks or ambushes your ankles, he may be a playing a game or practicing a sexual attack (even though he has been castrated). A solution to this problem is to get another cat with which he can interact. But first, get advice from your cat's veterinarian. Alternatively, channel that need by attracting his attention with toys for him to jump onto and play with. There are many moving toys with batteries that stimulate pursuit and capture and ultimately playing with their prey. Hang objects with threads, a tennis ball or a puppet. These toys are excellent to channel your cat's predator instincts. If even with these distractions your cat doesn't give up chasing your ankles – get a water gun and 'shoot' whenever you see that flash in his eyes! You can also throw a hopping object in his direction before he jumps on your ankles.

Christmas Starts Here!

Fun charity day at the Donkey Sanctuary Charity shop. Saturday 14th November, 10h00 – 16h00

The Donkey Sanctuary Charity Shop
Monte Carvoeiro
Praia do Carvoeiro
Free Hot Mulled Wine & Cookies
Christmas Goodies & Gifts
Raffle
Free Draw ticket with every purchase
Special Offers
All proceeds to The Donkey Sanctuary

Hi There !

SAFIRA, a 2-year old girl has been in the shelter for over a year and no dog should stay in the shelter that long. She is playful, sweet, gentle and friendly and she is looking for a new home. Sterilised and vaccinated. Please give her a chance - write to us on sesimbra.bianca@gmail.com or see www.bianca.pt/english

The dog above is about 5-6 months old, male, VERY soft coffee coloured fur and is very gentle and playful. He likes the car and gets on with other dogs and cats. He has ice-blue eyes and a small piece is missing from his tongue!!!! Please call 918 973 896

AMY is a gorgeous 2 month, maybe 2 1/2 months old, white/ cream Husky. Very playful, and sweet. She has a very gentle nature, perfect for small children!!!! Please call ingrid on 918 973 896

14 puppies are waiting for a nice and loving home. They are all very friendly and will be small to medium adult size. PEPSIE (pictured) will be a small adult size dog, she is lovely and full of fun. All the puppies are wormed, deflead and had their first inoculation. Call Valérie for a visit 913 860 865 or 282 342 823 (eves) lili10.evann@yahoo.fr

I have 16 adorable kittens which would be happy to be adopted. They are very friendly and playful. Many different colours, aged from 3 to 20 weeks old. They are deflead and wormed. Call Valérie for a visit 913 860 865 or 282 342 823 (eves) lili10.evann@yahoo.fr

MEINKE is a lovely young bitch. She was found abandoned in Lagoa and her owner never showed up. She is 1 or 2 years old, very gentle and faithful. Meinke is an ideal dog for a family, she needs a garden to run or daily long walks. She has been wormed, deflead, vaccinated and spayed. Call Valérie for a visit 913 860 865 or 282 342 823 (eves) lili10.evann@yahoo.fr

SOS Algarve Animals

Helping the Algarve's Homeless Animals

Katy Rexstrew and Anne Grogan started their blog 'SOS Algarve Animals'. The blog www.sosalgarveanimals.blogspot.com will be updated daily and will feature animals in foster homes and in shelters across the Algarve.

If you're able to offer a home to one of the Algarve's animals in need, why not log on to SOS Algarve Animals to see all the dogs and cats waiting for someone to love them.

Jan Cobley
Paws 4 Pets 916 273 376
/www.paws4pets.net

DIRECT ONLINE
www.the-news.net/ads

ALGARVE

SBC FORUM ALGARVE
TEL: 289 887 212
29 OCT-4 NOV

1
The Informant
Matt Damon, Melanie Lynskey
15.40-18.10-21.10 (00.15 Thu-Sat)
G-Force
Animation PV
(11.10 Sat & Sun) 13.30
2
Love Happens
Aaron Eckhart, Jennifer Aniston
13.50-16.20-18.50-21.20 (23.45 Thu-Sat)
Ice Age 3: Dawn of the Dinosaurs
Animation PV
(10.40 Sat & Sun)
3
Surrogates
Bruce Willis, Radha Mitchell
12.50-14.55-17.00-19.20-21.30 (00.10 Thu-Sat)
4
Michael Jackson's This Is It
Documentary
12.20-14.30-16.40-18.50-21.00 (23.10 Thu-Sat)
5
Michael Jackson's This Is It
Documentary
13.00-15.10-17.20-19.30-21.40 (23.50 Thu-Sat)
6
Spread
Ashton Kutcher, Anne Heche
12.30-14.50-17.10-19.25-21.50 (00.15 Thu-Sat)
7
My Bloody Valentine
Jensen Ackles, Jaime King
14.40-17.15-19.40-22.00 (00.30 Thu-Sat)
Up
Animation PV
(10.20 Sat & Sun)
8
Fame
Kay Panabaker, Naturi Naughton
14.30-16.50-22.05
Orphan
Vera Farmiga, Isabelle Fuhrman
19.10
District 9
Sharlto Copley, Jason Cope
(00.20 Thu-Sat)
9
The Soloist
Robert Downey Jr, Jamie Foxx
16.15-21.15
The Accidental Husband
Uma Thurman, Colin Firth
14.10-19.05
Orphan
Vera Farmiga, Isabelle Fuhrman
(00.00 Thu-Sat)

CASTELLO LOPES CINEMAS ALGARVESHOPPING
TEL: 707 220 220
29 OCT-4 NOV

1
The Soloist
Robert Downey Jr, Jamie Foxx
13.15-15.50-18.30-21.05 (23.30 Fri & Sat)
2
Battle for Terra
Animation PV
13.00-15.00-17.00
My Bloody Valentine
Jensen Ackles, Jaime King
19.00-21.25 (00.00 Fri & Sat)
3
Fame
Kay Panabaker, Naturi Naughton
13.30-16.10-18.35-21.20 (23.45 Fri & Sat)
4
G-Force
Animation PV
13.10-15.10-17.10-19.10
Orphan
Vera Farmiga, Isabelle Fuhrman
21.15 (23.50 Fri & Sat)
5
Love Happens
Aaron Eckhart, Jennifer Aniston
12.55-15.35-18.15-21.00
Pride and Glory
Edward Norton, Colin Farrell
(23.55 Fri & Sat)
6
Michael Jackson's This Is It
Documentary
12.50-15.30-18.20-21.10 (23.40 Fri & Sat)
7
Surrogates
Bruce Willis, Radha Mitchell
13.40-16.20-18.50-21.40 (00.05 Fri & Sat)
8
Michael Jackson's This Is It
Documentary
13.20-16.00-18.40-21.30 (00.10 Fri & Sat)
9
Spread
Ashton Kutcher, Anne Heche
13.50-16.30-18.55-21.50 (00.20 Fri & Sat)

CASTELLO LOPES CINEMAS PORTIMÃO
TEL: 707 220 220
29 OCT-4 NOV

1
Michael Jackson's This Is It
Documentary
13.30-16.00-18.40-21.30 (00.00 Fri & Sat)
2
Michael Jackson's This Is It
Documentary
13.30-16.00-18.40-21.30 (00.00 Fri & Sat)
3
G-Force
Animation PV
13.20-15.20-17.20-19.20
The Taking of Pelham 1 2 3
Denzel Washington, John Travolta
21.50 (00.10 Fri & Sat)
4
Fame
Kay Panabaker, Naturi Naughton
13.50-16.20-19.00
My Sister's Keeper
Cameron Diaz, Abigail Breslin
21.20 (23.50 Fri & Sat)
5
Love Happens
Aaron Eckhart, Jennifer Aniston
13.40-16.10-18.50-21.10 (23.40 Fri & Sat)
6
Surrogates
Bruce Willis, Radha Mitchell
14.00-16.30-19.10-21.40 (00.15 Fri & Sat)

CASTELLO LOPES CINEMAS

Castello Lopes Cinemas
Tel: 707 220 220
www.castellolopescinemas.com

UCI CINEMAS

UCI Cinemas
Tel: 707 23 22 21
www.uciportugal.pt

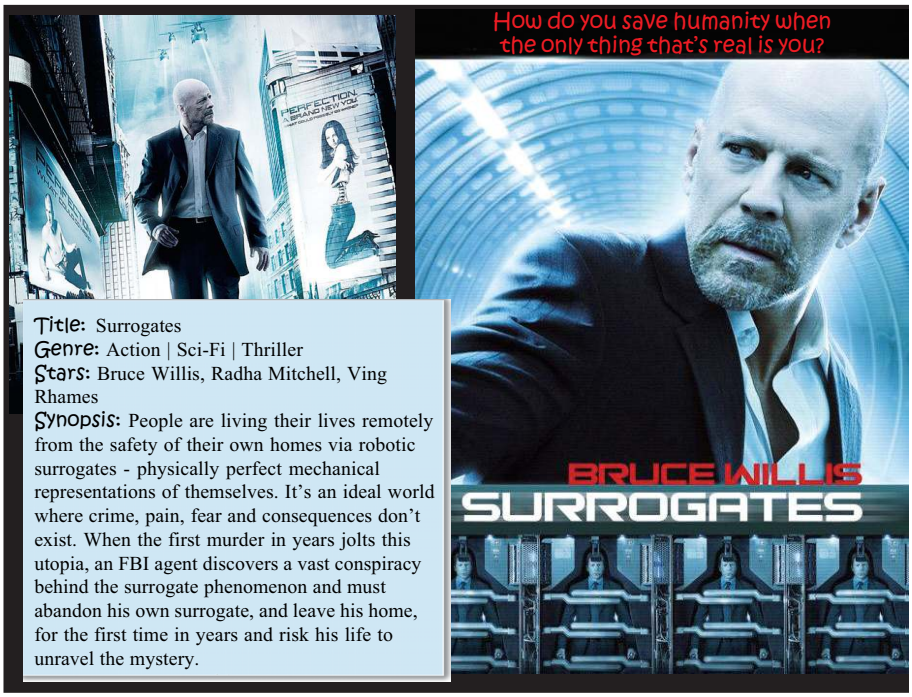
ZON LUSOMUNDO

Zon Lusomundo Cinemas
Tel: 707 24 63 62
www.zonlusomundo.pt

Film Classification

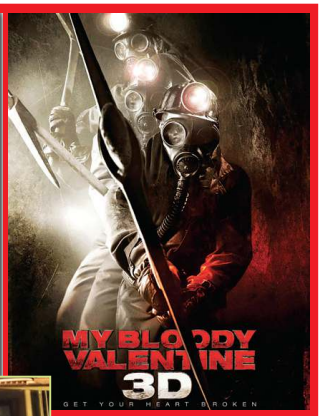
Michael Jackson's This Is It - M/12
Surrogates - M/12
My Bloody Valentine - M/16
Battle for Terra - M/12
The Informant - M/12
Love Happens - M/12
Spread - M/12
The Soloist - M/12
Orphan - M/18
The Accidental Husband - M/12
Fame - M/12
G-Force - M/6

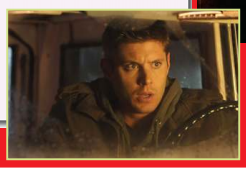
M/4 - Four years and over
M/6 - Six years and over
M/12 - 12 years and over
M/16 - 16 years and over
M/18 - 18 years and over

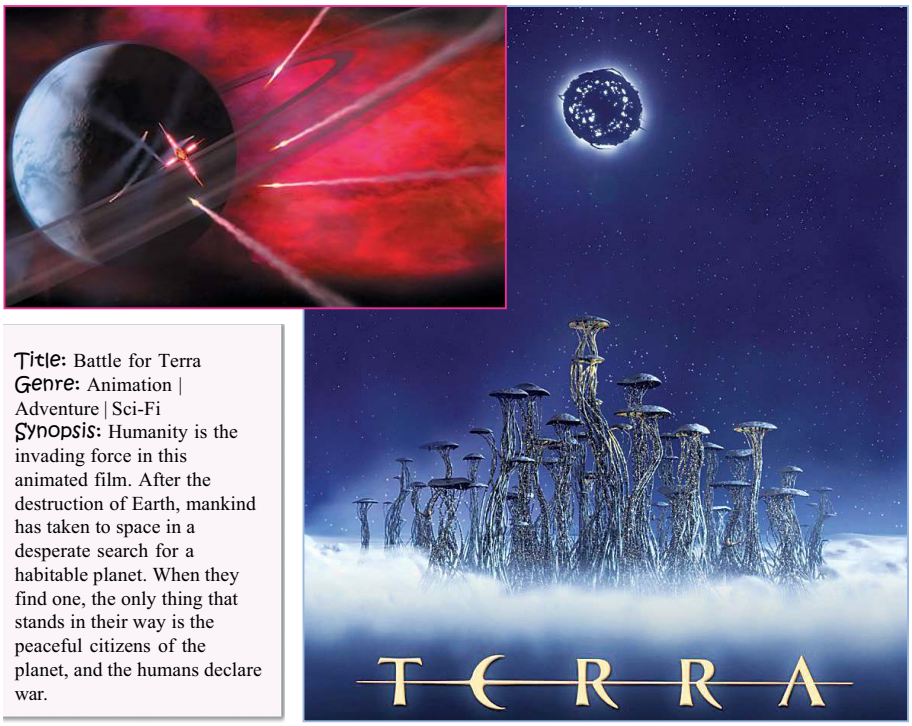


Title: Surrogates
Genre: Action | Sci-Fi | Thriller
Stars: Bruce Willis, Radha Mitchell, Ving Rhames
Synopsis: People are living their lives remotely from the safety of their own homes via robotic surrogates - physically perfect mechanical representations of themselves. It's an ideal world where crime, pain, fear and consequences don't exist. When the first murder in years jolts this utopia, an FBI agent discovers a vast conspiracy behind the surrogate phenomenon and must abandon his own surrogate, and leave his home, for the first time in years and risk his life to unravel the mystery.

Title: My Bloody Valentine
Genre: Crime | Horror | Mystery | Thriller
Stars: Jensen Ackles, Jaime King, Edi Gathegi
Synopsis: Tom returns to his hometown on the tenth anniversary of the Valentine's night massacre that claimed the lives of 22 people. Instead of a homecoming, however, Tom finds himself suspected of committing the murders, and it seems like his old flame is the only one that believes he's innocent.







Title: Battle for Terra
Genre: Animation | Adventure | Sci-Fi
Synopsis: Humanity is the invading force in this animated film. After the destruction of Earth, mankind has taken to space in a desperate search for a habitable planet. When they find one, the only thing that stands in their way is the peaceful citizens of the planet, and the humans declare war.

HIGHLIGHTS

LOULÉ - Inauguration of the Solo Painting and Drawing Exhibition 'A Maçã de Adão' (Adam's Apple) by the artist Milita at Chá d'Arte art gallery on October 30 at 20h30 - The exhibition will run until November 24 - Largo D. Pedro I, 5-6

Monthly Writing Workshops – Writing Memoirs/Life Writing & Writing Fiction - All welcome - Saturdays 2.30pm - 4.30pm at The Owl Story Bookshop, Lagos and the Bica Boa, Monchique For more details and to reserve a place visit www.lisaselvidge.com or call Lisa on 962887680

LISBON - Piccolo Teatro Di Milano – Teatro D'europa at Sala Garrett of Teatro D. Maria II with the show *Darwin... Tra le Nuvole* - October 31 at 21h30 and November 1 at 16h00 and 21h30 - Praça D. Pedro IV - 213 250 800

LISBON - Vernissage of the Exhibition 'Edipe et le Sphynx' on **November 2 at 19h30** at the modern and contemporary art museum **Museu Colecção Berardo** - Two paintings showing the visions of Jean-Auguste Ingres and Francis Bacon of Oedipus' myth will be on display at the Berardo Museum until January 10, 2010 - The painting above of Edipe et le Sphynx was created by Ingres in 1808 and finished in 1825 - Praça do Império - 213 612 913

PORTO - SERRALVES20ANOS10 Until January 31, 2010 - Exhibition 'Sem Saída /Ensaio sobre o Optimismo' by Augusto Alves da Silva at Serralves Foundation Museum - Augusto Alves da Silva (b.1963, Lisbon) has been developing a singular oeuvre in photography and video since the early 1990s to become one of the most original Portuguese artists. Resorting to the documental character of video recording or the illusory nature of photography - as well as some of its categories, such as portrait, landscape, architecture or model photography - the work of Augusto Alves da Silva subverts the rules of genres and artistic disciplines representing reality as the very condition for the uncommon and the unexpected. 'Dead End / An Essay on Optimism' is the artist's most comprehensive exhibition to date. In tandem with *Iberia* and *Book*, two projects featured for the first time, this show includes a selection of previous works. Other photographs will be presented through numerous publications produced by the artist through a career spanning 20 years - Serralves Foundation is situated on Rua D. João de Castro, 210 - 226 156 584 - www.serralves.pt

SOUTH

ARMAÇÃO DE PERA

October 30

Murder Mystery Dinner 'Till Death do us Part' - Hotel Garbe on the waterfront - Call 282 320 260 or Jenny Tucker on 919041903 to either book a full table or individual places - hotelgarbe@mail.telepac.pt

FERRAGUDO

October 31

'Halloween Night' Jo's Closing Party at Três Macacos Bar - From 20h00 until late - Come in fancy dress and enjoy the scary characters, scary atmosphere and decorations - The Três Macacos' Going Out with a Bang Party is an event not to be missed!

November 21

Exhibition opening evening "sea creatures" at Atelier Bongard at from 16h00 - Sylvain Bongard and Tara Cohen will be presenting their new collection of sea inspired work, including stoneware sculptures, terracottas, azulejos, pencil illustrations, featuring a three metre high sea totem - Rua Infante D Henrique 62 - (200m before the entrance to Ferragudo, from Portimão direction) - Tel: 282 461 383 / Mobile: 968 362 930 - atelierbongard@hotmail.com - www.atelierbongard.com

LAGOS

Until 31 October

Aidan Bremner will be showing new acrylic 'cut-out' paintings and drawings at the Lagos Slavemarket

Until October 31

Collective Exhibition at Armazem Regimental No. 1 - Group exhibitors: Liz Allen, Galia Bril, Sabine Schleich, Wolfgang Doll - paintings, photography, silk scarves and cards; jewellery and minerals - Open daily - For more info, contact 282 955 320

October 31

Halloween Dinner/Dance at Valverde Restaurant,Praia da Luz.19h30 till late - €22.50 3 courses inc.wine,water and coffee and Live Music with "Collar& Cuffs" - Reservations: 282789474 or 962541124

November 19

Quiz Nite at Portal do Infante in aid of Madrugada - 19h00 - Tickets: €15/person (includes quiz entry and buffet - Max six people per team - For tickets call: 282 762 620 - email: Annette Brown: casadacolina@sapo.pt

Daily

Visit the new Charity Shop in Amádena - Charity Shop in what was the old supermarket on the square past 'Brody' and 'O Poço' restaurants - 282 687 334 (LAPS - Lagos Animal Protection Society)

LOULÉ

Until November 1

Collective Art Exhibition at Atelier Gallery Studio 21 - An exhibition featuring the art and artists of Portugal - The Atelier Gallery Studio21 is situated on R. Martim Moniz nº 21 - Call: Aliza Silva, 963 509 657 - aliza@gallerystudio21.com

MARVÃO, PORTALEGRE

November 14 and 15

Marvão Chestnut Festival - Hundreds of artists, street entertainment, four *magustos* placed in strategic places throughout the village with excellent wine and roasted chestnuts from the region - More than 80 stalls with authentic regional handicraft, smoked Portuguese sausages and cheeses, chestnuts sweets contest at the Casa da Cultura, an area with jams and liqueurs and a tent with local produce - For info contact *Posto de Turismo do Marvão* on 245 909 131 or turismo@cm-marvao.pt

MONCHIQUE

Until November 6

Painting Exhibition 'Coloured sounds' by Claus von Oer tzen - Claus von Oer tzen's paintings are strongly linked to metaphysics, the ´sounds' of colour and proximity to nature.These are the three mental pillars which mark him as a painter - Galeria Arte Algarve at Monchique Centro - Open daily from 11h to 16h - 925 004 051

PADERNE

Daily

'Three-part art' Exhibition by Florence Clayette, Meinke Flessman and Clifford Martin Tuson at Galeria Corte Real – – Signposted from Ferreiras, Boliqueime & Paderne - 918 980 199 / 912 737 762

PORTIMÃO

Tuesdays

The New Orleans Jazzband play at Mariner's Bar/ restaurant, Rua Santa Isabela, 20h30 - 914 806 310

SILVES

Daily

Basic Ballroom and Latin dance classes, for beginners - Between 15h00 and 17h00 at the old Cine Theatre - Instruction given by qualified teacher - Price: €5

NORTH

PORTO

Daily

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before visit - Price: €2; Free for children under 12 - 220 120 214 - Av. da Boavista, 604-610 - www.casadamusica.com

Daily

Serralves Foundation: Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h - Visits to the park; Sun: 11h-12h - Visits are free on the purchase of an entrance ticket to the museum - Location: Rua D. João de Castro, 210 - T. 226 156 584 - www.serralves.pt

GUIMARÃES

Until November 29

Painting Exhibition by Adelina Lopes - Art Gallery of Centro Cultural Vila Flor - Free entrance - Centro Cultural Vila Flor is situated on Av. D. Afonso Henriques, 701 - 253 424 700 - www.ccvf.pt

CENTRE

CASCAIS

Daily

»» Cascais Cultural Centre - Concerts, shows, exhibitions, & other events. - shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - 214 848 900

»» Naval Club • The Cascais Naval Club is situated on the bay, and important international competitions are organised from here. There is a sailing school on weekends.

»» Sea Museum – Rei D. Carlos • The museum has a vast range of exhibits related to the sea. There are sections on natural history, ethnology and underwater archaeology. The collection includes old maps, fishermen's clothing, models of boats and treasures salvaged from ships wrecked in the sea around Cascais and in the Tagus estuary • Guided tours: 214825081 • Rua Júlio Pereira da Mello in Cascais • Open: from 10h00-19h00; closed on Mondays and Public Holidays • 214825400

ESTORIL

Daily

»» National Coach Museum • Set in a 17th century riding school, with a varied collection of royal coaches, uniforms and portraits of the royal family • Open from 10h00 to 17h30 (Closed Mondays) and public holidays) • Praça Afonso de Albuquerque • 213610850 **Casino Estoril** • Praça José Teodoro dos Santos • Tel: 214 667 700 • Fax: 214 667 965 • Email: info.cestoril@estoril-

LISBON

November 9

Carl Orff's spectacular opera 'Carmina Burana' at Coliseu dos Recreios - 21h00 - Two hundred artists on stage around 'The Wheel of Fortune' (8 metres high) which rotates continuously throughout the show - Coliseu dos Recreios - Rua das Portas de Santo Antão, nº 92 - 213 240 580 - www.coliseulisboa.com

Daily

»» Oceanarium • Spectacular design by Peter Chermayeff, it is one of Europe's biggest oceanarium • Park of Nations • 10h00 to 18h00 • 218917002

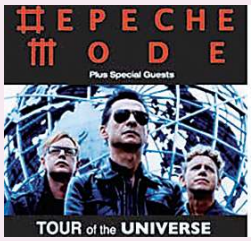
»» Mercado da Ribeira is the **Coolest Place in Town** - a very popular market • Tagus crafts, events, gastronomy • Av. 24 de Julho

SINTRA

Daily

Leal da Câmara Museum • Calçada da Rinchoa, 67, Rinchoa • Also has access through Algueirão Velho, Fitares and Meleças • 219164303 - Fax: 21 923 6150

Lisbon Summer Concerts
(Tickets: See details bottom page)



October 31 & November 1 - Mariza in Concert in Fado Concert *- Coliseu dos Recreios - 22h00 -* ***November 8 - Concert by Rammstein*** *- Sala Atlântico of Pavilhão Atlântico - Tickets: From €33 to €42) -* ***November 14 - 'Tour of the Universe' Concert by Dpeche Mode*** *- 22h00 - Sala Atlântico of Pavilhão Atlântico -* ***December 1 - Concert by Marilyn Manson*** *- Campo Pequeno - 21h00 - Tickets: From €20 to €30) -* ***December 7 - Concert by the Prodigy*** *- Sala Atlântico of Pavilhão Atlântico - Tickets: From €30 to €40)*

Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglès, Casa Viola, Ticketline or at the event itself on the night.
Websites: www.pavilhaoatlantico.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Ticketline 707 234 234 / 707 780 000

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Football Focus. (T) 12.00 BBC News; Weather. (T) 12.10 Formula 1: The Abu Dhabi Grand Prix - Qualifying. The final round of the season from the United Arab Emirates. (T) 2.10 Live International Rugby League. England v Australia (Kick-off 2.30pm). (T) 4.30 Final Score. (T)

5.15 BBC News; Regional News; Weather. (T)
5.30 Hole in the Wall. With Dennis Taylor, Jessica Taylor, Ninia Benjamin and Rufus Hound. (T)
6.05 Merlin. Part two of two. Catrina forces Merlin out of Camelot. (T)
6.50 Strictly Come Dancing. The 10 remaining couples take to the floor with either a ballroom or Latin dance, before one is eliminated in the dance-off. Featuring a performance by the Bee Gees. (T)
8.45 The National Lottery Draws. Scott Mills presents. (T)
8.55 Casualty. Zoe comes under fire when ex-boyfriend Joel steals a memory stick containing confidential patient data - and she has just hours to retrieve it or lose her job. Polly hints at how much she is going to miss Jeff after his move to the rapid response team, but he fails to understand her real meaning as they tend an unconscious man found with Alistair. Jordan shows he has lost none of his old sparkle on his first visit to the department since his operation. Don Warrington guest stars. Tonight's story continues in a special mini-episode at www.bbc.co.uk/casualty and on BBC Interactive. (T)
9.45 The Impression Show with Culshaw and Stephenson. New series. Comedy sketch show, with Jon Culshaw and Debra Stephenson portraying a host of celebrities and public figures. Impressions include Cheryl Cole and Simon Cowell. (T)
10.15 BBC News; Weather. (T)
10.30 Match of the Day. Gary Lineker presents highlights of today's Premier League clashes, including Arsenal v Tottenham Hotspur at the Emirates Stadium and Manchester United v Blackburn Rovers at Old Trafford. Spurs were undefeated in their last four fixtures against their north London rivals, but had not beaten them away from home since 1993, while United were aiming for a fourth consecutive victory over Rovers; (T) National Lottery Update. (T)
11.55 The Football League Show. Manish Bhasin presents highlights and all the goals from today's fixtures in the Championship, League One and League Two. (T)
1.10 Friday Night with Jonathan Ross; (R) (T) Weatherview. (T) 2.15 BBC News. (T)

Pick of the Day

The Impression Show with Culshaw and Stephenson, BBC1, 9.45pm
In April, Lucy Lumsden, the BBC's controller of comedy commissioning, stated: "In a bid to broaden out the scope of pre-watershed comedy on BBC One, Jay Hunt (controller, BBC One) and I have decided to pilot a range of comedies in this slot and look forward to receiving big ideas with big talent attached from all sections of the comedy community." Oddly, what they ended up with was The Impression Show with Culshaw and Stephenson, which is a very long title for what turns out to be a very straightforward format. Obviously the powers that be agonised over the name, because during its development, the programme has been known as both The Impression Show and The Culshaw and Stephenson Show — clearly those in charge decided to cover all bases by creating a hybrid of the two. We're used to seeing (and hearing) Jon Culshaw's range of impersonations on Dead Ringers, while ex-Coronation Street star Debra Stephenson started out as an impressionist and stand-up comedian before switching to acting. Here, the duo will portray a series of famous faces, while real stars pop by to make guest appearances. Don't expect hard-hitting, Rory Bremner-style satire. Instead, this promises to be family entertainment at its best.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Horrid Henry. (T) 9.40 Supernormal. (T) 9.55 Scratch 'n' Sniff's Den of Doom. (T) 10.25 Finger Tips. (R) (T) 10.45 Tricky Quickies. (R) (T) 10.50 FILM: The Magic Sword: The Quest for Camelot (1998). Animated fantasy adventure, with the voice of Gary Oldman. (T) 12.30 The Planet's Funniest Animals. (T) 1.00 ITV News and Weather; Weather. (T) 1.05 The Crocodile Hunter Diaries. (R) (T) 1.35 The Crocodile Hunter Diaries. (R) (T) 2.05 FILM: Richie Rich (1994). Family comedy, starring Macaulay Culkin. (T) 3.50 London Tonight; Weather. (T) 4.05 FILM: Star Wars: Episode II - Attack of the Clones (2002). Sci-fi adventure prequel, with Ewan McGregor. (T)

5.15 ITV News and Weather. (T)
5.30 FILM: Star Wars: Episode II - Attack of the Clones (2002). Concluded. (T)
7.00 New You've Been Framed! Harry Hill narrates another selection of camcorder calamities and viewers' mobile phone footage. Including a sheep trying to outrun a car, a tree-felling slip-up and a gymnast who went a flip too far. (T)
7.30 Harry Hill's TV Burp. The comedian reviews the past week's TV, subjecting the latest soap sagas, reality shows and documentaries to his unique brand of scrutiny. Featuring send-ups of popular programmes and the answer to the weekly competition, where viewers had to look out for the Knitted Character that appeared somewhere on the past seven days' TV. (T)
8.00 The X Factor. Louis Walsh is now down to one act, having lost Miss Frank last week after their sing-off against Danyl Johnson. Now, the remaining contestants take on rock songs in a bid to win viewers' votes and impress the judges. Simon Cowell, Cheryl Cole, Dannii Minogue and Louis deliver their verdicts on the performances and, as usual, the contestants then face an agonising 24-hour wait for the results show to find out whether the voting public has put them in the bottom two. Dermot O'Leary presents. (T)
9.45 Piers Morgan's Life Stories: Dannii Minogue. The X Factor judge talks about being a mentor on one of Britain's most popular TV shows, discusses her love life and reveals how she helped Kylie battle cancer. Dannii, who rose to stardom in Home and Away, also tells Piers about her acting and singing careers. (T)
10.45 ITV News and Weather; Weather. (T)
11.00 FILM: Ghost Ship (2002). Horror, starring Gabriel Byrne; (T) ITV News Headlines.
12.40 FILM: The Horror of Frankenstein (1970). Black comedy, starring Ralph Bates. (T) 2.20 Crossing Jordan. (R) (T) 3.05 ITV Nightscreen.

BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Mama Mirabelle's Home Movies. (R) (T) 6.50 Boo! (R) (T) 7.05 CBBC: Dennis and Gnasher. (R) (T) 7.15 Dennis and Gnasher. (R) (T) 7.25 Sportsround. (R) (T) 7.40 What's New Scooby-Doo? (R) (T) 8.00 Gimme a Break. (T) 8.30 TMi. (T) 10.00 My Almost Famous Family. (T) 10.30 Ed and Oucho's Excellent Inventions. (R) (T) 11.00 The Story of Tracy Beaker; (R) (T) Diddy Dick & Dom. (R) (T) 11.30 Animals at Work. (R) (T) 12.00 BBC Switch: The Cut. (T) 12.25 BBC Switch: The Season. (T) 12.55 BBC Switch: The 5:19 Show. (T) 1.15 BBC Switch: Chartjackers. (T) 1.20 BBC Switch: The Well. (T) 1.30 BBC Switch: Kyle XY. (T) 2.15 FILM: Oklahoma! (1955). Romantic Western musical, with Gordon MacRae and Shirley Jones. (T) 4.30 Flog It! (R) (T) 5.00 Natural World. (R) (T) 6.00 Emma. (R) (T) 7.00 Autumnwatch 2009. Chris Packham and Kate Humble present a Hallowe'en-themed adventure in Gloucestershire, while Simon King finds out about the wildlife inhabiting a London graveyard. (R) (T) 8.00 Porridge. Fletcher thinks Godber would be better off cheating if he wants to pass another O-level. Ronnie Barker and Richard Beckinsale star. (R) (T) 8.30 Blitz: The Bombing of Coventry. The repercussions of the World War Two raid. (R) (T) 9.30 Have I Got a Bit More News for You. With Miranda Hart and Mark Steel. (T) 10.10 The Thick of It. (T) 10.40 Wonderland: The Ghostman of Skye. (T) 11.20 FILM: Halloween (1978). Horror, starring Jamie Lee Curtis. (T) 12.50 FILM: Halloween II (1981). Horror sequel, starring Jamie Lee Curtis. (T) 2.20 Inside F1. (T) 2.35 Close.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 World Sport. 7.30 FIA GT Championship. 8.00 The Morning Line. (T) 8.55 T4: Friends. (R) (T) 9.20 T4: The World's Greatest Pop Star: Take That. (R) (T) 10.25 T4: 4Music Favourites: Snow Patrol. (T) 10.55 T4: Hollyoaks Music Show. (T) 11.30 T4: P Diddy's Starmaker. (T) 12.30 T4: Scrubs. (R) (T) 12.55 T4: Rivals. (T) 1.45 Channel 4 Racing from Wetherby, Newmarket and Ascot. Including the 3.25 bet365 Charlie Hall Chase (3m 1f). (T) 3.45 Come Dine with Me. (R) (T) 4.15 Come Dine with Me. (R) (T) 4.45 Come Dine with Me. (R) (T) 5.15 Come Dine with Me. (R) (T) 5.45 Come Dine with Me. (R) (T) 6.15 Channel 4 News. (T) 6.45 Kevin McCloud's Grand Tour. (R) (T) 7.40 FILM: The Land Girls (1997). Three Land Army volunteers working on a remote farm fall for the owner's son. Wartime drama, starring Anna Friel, Rachel Weisz and Catherine McCormack. (T) 9.45 Beyonce: For the Record. Steve Jones travels to Sydney to interview the singer on the Australian leg of her world tour. Beyonce talks about her career in film and music, her decision to keep her marriage with Jay-Z out of the public arena, and her special relationship with US president Barack Obama. (T) 10.50 The Simpsons. (T) 11.20 8 Out of 10 Cats. (R) (T) 11.50 4Music: Live from Abbey Road. (T) 12.55 FILM: The Host (2006). Premiere. Korean comedy horror, starring Kang-ho Song. 3.00 Studio 60 on the Sunset Strip. (R) (T) 3.45 Invasion. (R) (T) 4.25 St Elsewhere. (R) 5.15 Countdown. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Angels of Jarm. (R) (T) 7.05 Fireman Sam. (R) (T) 7.25 The Milkshake! Show. (R) (T) 7.50 Noddy in Toyland. (T) 8.10 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.20 Mist: Sheepdog Tales. (R) (T) 8.40 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.55 Olivia. (R) (T) 9.10 Little Princess. (R) (T) 9.25 Bert and Ernie's Great Adventures. (R) (T) 9.30 Gerald McBoing Boing. (R) (T) 10.00 NFL UK. (T) 11.00 The Gadget Show. (R) (T) 12.00 Big, Bigger, Biggest. (R) (T) 1.00 FILM: The Ghost of Greville Lodge (2000). Family drama, starring George Cole. (T) 2.45 FILM: Bear Island (1979). Thriller, starring Donald Sutherland. (T) 4.45 Five News. (T) 4.55 FILM: The Bridge at Remagen (1969). World War Two adventure, starring George Segal. (T) 7.05 NCIS. A terrorist takes Ducky and Kate hostage. (R) (T) 8.00 CSI: NY. Hawkes is accused of killing someone in a bar-room brawl, and seemingly irrefutable evidence is produced against him - but Mac and the team suspect he is being framed. (R) (T) 8.50 CSI: NY. Mac and the team are called to the home of a deaf family, where a woman has been shot and killed, while Stella and Danny investigate the murder of a promising figure-skater. (R) (T) 9.45 CSI: Crime Scene Investigation. One of Langston's former students is killed. (R) (T) 10.45 Law & Order: Special Victims Unit. (T) 11.40 The Real CSI. (R) (T) 12.10 SuperCasino. 4.10 Great Artists. (R) (T) 4.35 Great Artists. (R) (T) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL

RTP1
0630 Children TV 0800 Bom Dia Portugal 1100 Portugal Sem Fronteiras 1300 News 1415 Top+ 1530 Programa das Festas 1900 O Preço Certo 2000 News 2100 A Voz do Cidadão 2115 Conta-me Como Foi 2215 Dança Comigo no Gelo 0000 Football Highlights 0030 Carga Pesada 0115 Lipstick Jungle, series 0245 Top+ 0400 Telesales
RTP2
0700 Euronews 0800 África 7 Dias 0830 Noticias de Portugal 0900 Open University 1000 Zig Zag 1230 Film 1400 Sports 1900 Artes de Rua 1930 Bastidores 2000 O Pato 2030 Basílio Pincel 2100 7 Palmos de Testa 2155 A Hora da Sorte 2200 News 2240 Persepolis, film 0020 L'Amant, film 0220 Sports 0615 Euronews
SIC
0600 Etnias 0645 Sic Kids 0845 Disney Kids 1030 O Mundo de Patty 1200 Our World 1300 News 1400 Alta Definição 1430 Episódio Especial 1515 Film 1730 Film 2000 News 2130 Perfeito Coração 2230 M/F: Sarilhos em Casa 0015 Film 0215 Quando o Telefone Toca
TVI
0700 Children TV 0930 Inspector Max 1030 Hannah Montana 1115 Deluxe 1215 Antevisão 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2115 Deixa Que Te Leve 2245 Flor do Mar 0000 American Pie: The Wedding, film 0200 Sempre a Somar 0330 The Office, series 0400 NCIS, series 0530 Telesales

Best of the Rest

BBC3
7.00 Top Gear 8.00 Don't Get Screwed 8.30 The Real Hustle: High Stakes 9.00 Russell Howard's Good News Extra 9.45 Film: Kidulthood 15 (2005) 11.15 Family Guy 11.35 American Dad! 11.55 American Dad! 12.20 Film: Kidulthood 15 (2005) 1.50 Russell Howard's Good News Extra 2.35 Don't Get Screwed 3.05 The Real Hustle: High Stakes 3.35 Don't Tell the Bride 4.35 Bizarre Animal ER 5.05 The Real Hustle 5.20 Close
BBC4
7.00 Art Deco Icons 7.30 The Scarlet Pimpernel 9.00 Arena 10.35 Behind the Myth - Francis Bacon in His Own Words 11.00 Film: Love Is the Devil 18 (1998) 12.25 Storyville: The Jazz Baroness 1.50 Arena: Cool 2.50 Behind the Myth - Francis Bacon in His Own Words 3.15 Art Deco Icons 3.45 Close
ITV2
2.05 Who Wants to Be a Millionaire? 3.10 All Star Family Fortunes 3.55 Gossip Girl 4.55 Paris Hilton's Best American Friend Forever 5.55 Film: About a Boy 12 (2002) 8.00 The Hand That Rocks the Cradle 9.00 The Planet's Funniest Animals 9.30 Akon: The Hot Desk 9.45 The Xtra Factor 10.45 Fearne and - Peaches Geldof 11.45 Harry Hill's TV Burp 12.15 The X Factor 2.00 The Xtra Factor 3.00 Ricki Lake 3.30 Teleshopping
Sky1
1.00 Don't Forget the Lyrics 2.00 The Real A&E 3.00 Cold Case 4.00 Oops TV 5.00 Alex Zane's Guest List 5.30 The Simpsons 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Futurama 8.30 Futurama 9.00 UK Border Force 10.00 Ross Kemp: Behind the Story 10.30 Ross Kemp Remembers Afghanistan 11.30 Night Cops 12.30 Road Wars 1.30 Road Wars 2.25 Prison Break 3.20 Crash Test Dummies 4.10 Drugs Wars: DEA 5.00 Bite Size Brainiac 5.10 Kim's Rude Awakening 5.35 Kim's Rude Awakening
GOLD
1.20 As Time Goes By 2.05 Film: Passport to Pimlico U (1949) 3.55 Only Fools and Horses 5.05 Only Fools and Horses 7.00 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 Last of the Summer Wine 9.00 Victoria Wood Live 11.05 Victoria Wood at the Albert Hall 1.40 Vic Reeves Big Night Out 2.10 Vic Reeves Big Night Out 2.35 The New Adventures of Old Christine 3.00 Close
TCM
1.00 Murder Ahoy U (1964) 3.00 Ice Station Zebra U (1968) 6.00 The Shoes of the Fisherman U (1968) 9.00 The Lost Boys 15 (1987) 11.00 Pet Sematary 18 (1989) 12.55 There Was a Crooked Man 15 (1970) 3.00 Teleshopping 5.00 Murder Ahoy U (1964)
The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: Wizards of Waverly Place: The Movie PG (2009) Fantasy adventure, starring Selena Gomez. 10.00 Film: Halloweentown U (1998) Fantasy adventure, starring Debbie Reynolds.

The Portugal News has its distribution figures officially audited. Call 707 500 677 for details.

MOVIES

Sky Movies Drama

6.00 Silkwood 15 (1983) 8.15 Nobody's Fool 15 (1994) 10.15 Mail Order Bride 12 (2008) 11.50 The Sixth Sense 15 (1999) With Bruce Willis. 1.45 The Valley of Light PG (2007) With Chris Klein. 3.30 Brideshead Revisited 12 (2008) With Matthew Goode. 5.45 Silkwood 15 (1983) With Meryl Streep. 8.00 The Preacher's Wife U (1996) With Whitney Houston. 10.10 The Hunting Party 15 (2007) With Richard Gere. 12.00 Do the Right Thing 18 (1989) With Spike Lee. 2.10 Alex Zane's Guest List 2.40 Get Real 15 (1999) With Ben Silverstone. 4.40 The Simple Life of Noah Dearborn PG (1999)

Sky Movies Comedy

6.25 Over Her Dead Body 12 (2008) 8.05 Disaster Movie 12 (2008) 9.35 Shrek the Third U (2007) 11.10 Tropic Thunder: The Director's Cut 15 (2008) With Ben Stiller. 1.15 Bill & Ted's Bogus Journey PG (1991) With Keanu Reeves. 2.55 American Pie 15 (1999) With Jason Biggs. 4.35 American Pie 2 15 (2001) With Jason Biggs. 6.25 Shrek the Third U (2007) With Mike Myers. 8.00 Tropic Thunder: The Director's Cut 15 (2008) With Ben Stiller. 10.05 Bill & Ted's Bogus Journey PG (1991) With Keanu Reeves. 11.45 Disaster Movie 12 (2008) With Matt Lanter. 1.15 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 2.55 Police Academy 4: Citizens on Patrol PG (1987) With Steve Guttenberg. 4.25 McHale's Navy PG (1997)

Sky Movies Action/Thriller

6.20 Back in Business PG (2007) 7.50 White Sands 15 (1992) 9.45 F/X: Murder by Illusion 15 (1986) 11.45 F/X2: The Deadly Art of Illusion 15 (1991) With Bryan Brown. 1.40 Never Back Down 12 (2008) With Sean Faris. 3.35 F/X: Murder by Illusion 15 (1986) With Bryan Brown. 5.30 F/X2: The Deadly Art of Illusion 15 (1991) With Bryan Brown. 7.25 Vantage Point 12 (2008) With Dennis Quaid. 9.00 Never Back Down 12 (2008) With Sean Faris. 11.00 The Crew 18 (2008) With Scot Williams. 1.05 Vantage Point 12 (2008) With Dennis Quaid. 2.50 Two Days in the Valley 18 (1996) With Danny Aiello. 4.40 Back in Business PG (2007)

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SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Premier League Preview 7.00 Football League Weekend 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 Soccer AM 12.00 Live Football Special. Arsenal v Tottenham Hotspur (Kick-off 12.45pm). 3.00 Soccer Saturday 5.30 Live Premiership Rugby Union. Leicester Tigers v Northampton Saints (Kick-off 5.35pm). 7.30 You're on Sky Sports! 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Football First 2.45 Football First 4.15 Football First 5.45 Sky Sports Classics

Sky Sports 2

6.00 Live European Tour Golf. The Singapore Open. 8.30 Live World Match Play Championship Golf. Day three at the Finca Cortesin Golf Club in Spain. 4.55 Live International Rugby League. France v New Zealand (Kick-off 5.00pm). 7.00 International Rugby League 8.00 International Cricket 10.00 Premiership Rugby Union 12.00 International Rugby League 2.00 European Challenge Tour Golf 3.00 Live European Tour Golf. The Singapore Open.

Sky Sports 3

6.00 Sports Unlimited 6.55 Friday Fight Night 8.55 Live International Cricket. India v Australia. 5.15 Live Spanish Football. Real Madrid v Getafe. 7.00 Live Spanish Football. Osasuna v Barcelona (Kick-off 7.00pm). 9.00 Live Spanish Football. Athletic Bilbao v Atletico Madrid (Kick-off 9.00pm). 11.00 Extreme Championship Wrestling 12.00 WWE: Late Night - Smackdown 2.00 WWE: Late Night - Bottom Line 3.00 International Cricket 5.00 World Sport 5.30 Champions League Weekly

British Eurosport

7.30 Eurogoals Weekend 7.40 Under-17s World Cup Football 9.15 F1: The Factory 9.45 World Touring Car Championship 10.15 Asian Le Mans Series 11.15 Live Porsche Super Cup. The Abu Dhabi Grand Prix. 12.00 GP2 Asia Series 12.30 WTA Tennis 1.30 WTA Tennis 1.35 Live WTA Tennis. The WTA Tour Championship semi-finals. 5.00 WTA Tennis 5.15 Under-17s World Cup Football 6.00 Live Under-17s World Cup Football. New Zealand v Turkey (Kick-off 6.00pm). 8.00 WTA Tennis 9.30 ATP Tennis 10.30 ATP Tennis 12.00 Under-17s World Cup Football 1.00 Close 4.00 World Touring Car Championship 4.30 Live World Touring Car Championship. The opening race from Japan.

Sky Sports Xtra

6.00 World Sport 6.30 Tight Lines 7.30 NFL: America's Game 8.30 Live Rugby Union. The second semi-final of the Air New Zealand Cup. 10.30 Live International Rugby Union. New Zealand v Australia (Kick-off 10.30am). 12.30 WWE: Smackdown 2.30 Live Currie Cup Final. Blue Bulls v Free State Cheetahs (Kick-off 3.00pm). 5.00 WWE: Smackdown 7.00 WWE: Bottom Line 8.00 Golf Night 10.30 European Challenge Tour Golf 11.30 World Sport 12.00 International Rugby Union 2.00 Currie Cup Final 3.30 Rugby Union 5.30 Adrenaline Adventures

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BBC1

6.00 Breakfast. (T) 7.35 Match of the Day. (R) (T) 9.00 The Andrew Marr Show. (T) 10.00 Country Tracks. (T) 11.00 The Politics Show. (T) 12.10 Formula 1: The Abu Dhabi Grand Prix. The 17th and final race of the season (Start-time 1.00pm). (T) 3.15 EastEnders. (T) 4.40 Points of View. (T) 4.55 Songs of Praise. (T)

5.30 BBC News; Regional News; Weather. (T)
6.00 Life. David Attenborough reveals how mammals dominate the planet and survive in extreme habitats, from Weddell seals in the Antarctic to fruit bats in the Congo. (R) (T)
7.00 Countryfile. Matt Baker and Julia Bradbury explore the connection between Alnwick Castle in Northumberland and Guy Fawkes, while John Craven investigates the future of fox-hunting. Including Weather for the Week Ahead. (T)
8.00 Antiques Roadshow. Fiona Bruce visits Lincoln Cathedral, where objects brought to be valued include a set of surgeon's tools from the 1860s and a plate that has been hidden in a cupboard for years. (T)
9.00 Garrow's Law: Tales from the Old Bailey. New series. Legal drama set in the 18th century, inspired by the life of William Garrow. The young barrister is given his first criminal defence case. Andrew Buchan stars. (T)
10.00 BBC News; Weather. (T)
10.20 Fleetwood Mac - Don't Stop. Documentary looking back over the band's long career, from the early blues outfit led by Peter Green in the late 1960s, to their reincarnation in the 1970s with the line-up that went on to record the 40-million-selling album Rumours. Despite several break-ups over the years, the band are currently together and bringing their world tour to Britain. Here, Mick Fleetwood, John McVie, Lindsey Buckingham and Stevie Nicks reveal the truth behind the successes, failures and relationships that have characterised their music and made them one of the most enduring acts in popular music. (T)
11.20 Eric Clapton and Steve Winwood Live at Madison Square Garden. Coverage of the duo's 2008 concert in New York. The performance features renditions of Blind Faith hits Presence of the Lord and Can't Find My Way Home, almost 40 years after they were recorded, as well as Clapton's After Midnight and Winwood's Dear Mr Fantasy. (T)
12.25 The Sky at Night; (T) Weatherview. (T) 12.50 Sign Zone: Nigel Slater's Simple Suppers. (R) (T) 1.20 Sign Zone: Holby City. (R) (T) 2.20 Sign Zone: Last Chance to See. (R) (T) 3.20 BBC News. (T)

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Pick of the Day

Garrow's Law: Tales from the Old Bailey, BBC1, 9pm
You can't go wrong with a legal drama really. The likes of Judge John Deed and Kavanagh QC have built up strong followings over the years. Period dramas are hugely successful too. If you forget about the woeful recent Austen adaptation of Emma (and let's face it, we'd all like to), there have been many memorable such shows over the years. So it shouldn't come as a surprise to find that some bright spark at the BBC thought it would be a great idea to merge the two — and Garrow's Law is the result. Set in the 18th century, it follows the day-to-day dealings of real-life legal eagle William Garrow (Andrew Buchan) and his associate Southouse (Alun Armstrong) as they champion the underdog and pioneer the rigorous cross-examination of prosecution witnesses that we're now so familiar with. "A gifted maverick, at times arrogant and with a burning sense of destiny, Garrow is driven to change the nature of the trial against a backdrop of social and political upheaval," says executive producer Jamie Isaacs. Sounds like he'd fit in really well with his modern-day counterparts, then.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Paz. (T) 9.35 Captain Mack. (T) 9.50 Emu. (T) 10.05 Tricky Quickies. (R) (T) 10.10 Coronation Street. (T) 12.55 Animals Do the Funniest Things. (R) (T) 1.55 ITV News and Weather; Weather. (T) 2.00 FILM: Columbo: Grand Deceptions (1989). Crime drama, starring Peter Falk. (T) 4.00 FILM: The Spy Who Loved Me (1977). James Bond spy adventure, starring Roger Moore. (T)

6.15 London Tonight; Weather. (T)
6.30 ITV News and Weather. (T)
6.45 Harry Hill's TV Burp. The comedian reviews the past week's TV, subjecting the latest soap sagas, reality shows and documentaries to his unique brand of scrutiny. Featuring send-ups of popular programmes and the answer to the weekly competition, where viewers had to look out for the Knitted Character that appeared somewhere on the past seven days' TV. (R) (T)
7.15 All Star Family Fortunes. Primeval star Laila Rouass, a contestant on the current series of Strictly Come Dancing, takes on Sean Maguire, who starred this year in Krod Mandoon and the Flaming Sword of Fire. The actors are joined by their families as they compete to win up to #30,000 for their chosen charities, Women's Aid and the King George's Children's Hospital Ward in London. Vernon Kay hosts. (T)
8.00 The X Factor. Dermot O'Leary presents performances by last year's X Factor runners-up JLS, with new single Everybody in Love, and US rockers Bon Jovi, celebrating the release of forthcoming new album The Circle. Then the results of the public vote are announced and the bottom two acts sing again, with only one making it through to next week's live show as Simon Cowell, Cheryl Cole, Dannii Minogue and Louis Walsh send home their least favourite. (T)
9.00 Doc Martin. Pauline finds out about Martin's imminent departure to London and confronts him, but he offers to write her a reference. Aunt Joan tries to solve her farm's money problems by opening a B&B - and ends up having to take her first guest, local farmer Ted, to see the doctor. Elsewhere, Bert organises a baby shower for Louisa. David Ross guest stars, with Martin Clunes, Stephanie Cole and Caroline Catz. (T)
10.00 ITV News and Weather; Weather. (T)
10.15 FILM: Lock, Stock and Two Smoking Barrels (1998). Four friends get out of their depth while trying to pay off a debt to a crime lord. British comedy thriller, starring Nick Moran and Jason Statham. (T)
12.20 Premiership Rugby Union. 1.10 Champions League Weekly; (T) ITV News Headlines. 1.40 Kojak. (T) 2.35 The Car Scrap Trap: Tonight. (R) 3.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Mama Mirabelle's Home Movies. (R) (T) 7.00 CBBC: Uncle Max. (R) (T) 7.10 OOglies; (R) (T) Diddy Dick & Dom. (R) (T) 7.30 Prank Patrol. (R) (T) 8.00 Da Dick and Dom Dairies. (R) (T) 8.30 MI High. The only living Neanderthal is stolen from a government lab. (R) (T) 9.00 The Sorcerer's Apprentice. (T) 10.00 Something for the Weekend. (T) 11.30 Animal Park. (R) (T) 12.00 FILM: Miss Sadie Thompson (1953). Musical, starring Rita Hayworth. (T) 1.30 EastEnders. (R) (T) 2.00 Live Cycling. The Track Cycling World Cup Classics from Manchester. (T) 4.45 Match of the Day Live. Cardiff City v Nottingham Forest (Kick-off 5.00pm). (T) 7.00 James May's Toy Stories. The presenter examines whether classic children's toys are still relevant. (R) (T) 8.00 Ray Mears' Northern Wilderness. The history of the Hudson's Bay Company. (T) 9.00 Charley Boorman: Sydney to Tokyo, by Any Means. The adventurer explores Taiwan. (T) 10.00 Match of the Day 2. Adrian Chiles presents highlights of today's only Premier League fixture, as Birmingham City and Manchester City clashed at St Andrews. (T) 10.45 International Rugby League. (T) 11.30 Never Mind the Buzzcocks. (R) (T) 12.00 FILM: Halloween III: Season of the Witch (1982). Horror, starring Tom Atkins. (T) 1.35 BBC News. 1.35 Reporters. 2.00 BBC News. 2.30 Dateline London. 3.00 BBC News. (T) 3.25 Close.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 Beach Volleyball. (R) (T) 7.30 Run to the Beat. (T) 8.25 Freesports on 4. (T) 8.55 T4: Friends. (R) (T) 9.25 T4: Hollyoaks. (T) 12.00 T4: 90210. (T) 1.00 T4: The World's Greatest Pop Star: Beyonce. (T) 2.05 T4: Friends. (R) (T) 2.40 T4: Ugly Betty. (R) (T) 3.35 T4: The Simpsons. (R) (T) 4.10 T4: The Simpsons. (R) (T) 4.40 Deal or No Deal. (T) 5.30 Time Team. (R) (T) 6.30 Channel 4 News. (T) 7.00 The Human Zoo: Science's Dirty Secret. Exploring the phenomenon of human zoos through the story of Ota Benga, a Batwa pygmy from the Belgian Congo who was put on display in 1904 to demonstrate racial differences. Part of the Race: Science's Last Taboo season. (T) 8.00 Celebrity Come Dine with Me. With Yvette Fielding, Natasha Hamilton, Roy Walker and Bruce Jones. (T) 9.00 FILM: Dreamgirls (2006). Premiere. Musical drama about a famous singing trio, whose personal rivalries threaten to tear apart the group. With Jamie Foxx and Beyonce Knowles. (T) 11.35 Beyonce: For the Record. (R) (T) 12.40 My Name Is Earl. (R) (T) 1.10 FILM: Silent Light (2007). Premiere. Drama, starring Cornelio Wall. 3.30 The Birthday. (R) 3.45 Invasion. Underlay is shot by an unknown intruder. (R) (T) 4.30 St Elsewhere. Cavanero befriends a woman facing a hysterectomy. (R) 5.15 Countdown. (R) (T)

FIVE

6.00 Sunrise. (T) 7.00 Milkshake!: Angels of Jarm. (R) (T) 7.05 Milkshake! Bop Box. (R) (T) 7.10 Fireman Sam. (R) (T) 7.25 Hana's Helpline. (R) (T) 7.35 The Milkshake! Show. (R) (T) 8.00 Noddy in Toyland. (T) 8.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.30 Mist: Sheepdog Tales. (R) (T) 8.45 Harry and His Bucket Full of Dinosaurs. (R) (T) 9.00 Olivia. (R) (T) 9.15 Little Princess. (R) (T) 9.30 Gerald McBoing Boing. (R) (T) 10.00 Shake!: Snobs. (R) (T) 10.30 Wizards of Waverly Place. (T) 11.00 Hannah Montana. (T) 11.35 The Tribe. (T) 12.05 Britain's Best Brain. (R) (T) 1.05 Megastructures. (R) (T) 2.10 FILM: Sergeant Rutledge (1960). Western courtroom drama, starring Woody Strode. (T) 4.10 FILM: Oliver! (1968). Musical, starring Ron Moody. (T) 6.55 Five News. (T) 7.00 FILM: Groundhog Day (1993). A TV weatherman is caught in a time loop and forced to relive the same day over and over. Romantic comedy, starring Bill Murray and Andie MacDowell. Includes Five News Update. (T) 9.00 FILM: Austin Powers: The Spy Who S*****d Me (1999). The sex-mad spy is sent back in time to the 1960s to face the dastardly Dr Evil once more. Comedy sequel, starring Mike Myers and Heather Graham. Includes Five News Update. (T) 10.55 FlashForward. (R) (T) 11.55 The Mafia. (R) (T) 12.55 NFL Live. The latest game from the National Football League. 4.40 NFL Classic. (R) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL

RTP1
0630 Children TV 0800 Bom Dia Portugal 1010 Mass 1115 Film 1300 News 1415 Só Visto! 1530 Os Contemporâneos 1615 You've Got Mail, film 1815 Dá-me Música 2000 News 2100 As Escolhas de Marcelo Rebelo de Sousa 2130 Dar Vida Sem Morrer 2230 O Último Passageiro 0000 Hora da Sorte: Sorteio do Joker 0015 Football Highlights 0045 Showgirls, film 0330 Só Visto 0430 Telesales 0605 Nós
RTP2
0700 Euronews 0730 Áfric@Global 0800 Músicas de África 0900 Caminhos 0930 70x7 1000 Nós 1100 Da Terra ao Mar 1130 Consigo 1200 Vida Por Vida 1230 Olhar o Mundo 1300 Biosfera 1345 Iniciativa 1445 A Voz do Cidadão 1500 Sports 1900 Couto & Coutadas 1930 Alma e a Gente 2000 The Simpsons 2100 Diários da Escultura 2200 News 2230 Câmara Clara 2340 Britcom 0040 Onda Curta 0140 Sports 0515 Euronews
SIC
0630 Sic Kids 0845 Disney Kids 1030 O Mundo de Patty 1200 BBC Wild Life 1300 News 1400 Fama Show 1445 Gossip Girl, series 1545 Film 1745 Film 2000 News 2130 Perfeito Coração 2230 Idolos 0015 Film 0215 Quando o Telefone Toca
TVI
0700 Children's TV 0915 Smackdown, wrestling 1015 Inspector Max 1115 Mass 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2115 Sentimentos 2200 Uma Canção Para Ti 0100 House MD, series 0200 Sempre A Somar 0330 The Office, series 0400 NCIS, series 0500 Telesales 0630 Todos Iguais

Best of the Rest

BBC3
7.00 Formula 1: The Abu Dhabi Grand Prix - Highlights 8.00 The World's Strictest Parents 9.00 Two Pints of Lager and a Packet of Crisps 9.30 Two Pints of Lager and a Packet of Crisps 10.00 Family Guy 10.30 American Dad! 10.45 American Dad! 11.05 Russell Howard's Good News 11.35 The World's Strictest Parents 12.35 Two Pints of Lager and a Packet of Crisps 1.05 Two Pints of Lager and a Packet of Crisps 1.35 Russell Howard's Good News 2.05 Bizarre Animal ER 2.35 Bizarre Animal ER 3.05 Formula 1: The Abu Dhabi Grand Prix - Highlights 4.05 Who Made Me Fat? 5.05 Close
BBC4
7.00 Wodehouse Playhouse 7.30 Film: Flying Down to Rio U (1933) 9.00 High Fliers: When Britain Took to the Air 10.00 Spiral 10.55 It's Only a Theory 11.25 Film: The Cotton Club 15 (1984) 1.25 High Fliers: When Britain Took to the Air 2.25 It's Only a Theory 2.55 Inside Antiques 3.25 Inside Antiques 3.55 Close
ITV2
1.55 Film: Wild Wild West 12 (1999) 4.00 Fearne and - Peaches Geldof 5.00 The Planet's Funniest Animals 5.30 Akon: The Hot Desk 5.40 New You've Been Framed! 6.10 Film: Babe: Pig in the City PG (1998) 8.00 Coleen's Real Women 9.00 The Xtra Factor 10.00 Trinity 11.00 Peter Andre: The Next Chapter 12.00 Fearne and - Peaches Geldof 1.00 The X Factor 2.00 The Xtra Factor 3.00 Teleshopping 3.30 Supernatural 4.10 Teleshopping 5.40 ITV2 Nightscreen
Sky1
1.00 Oops TV 2.00 Project Runway 3.00 Bones 4.00 UK Border Force 5.00 The Simpsons 5.30 Gladiators 7.00 The Simpsons 7.30 Modern Family 8.00 The Simpsons 8.30 The Simpsons 9.00 House 10.00 Fringe 11.00 Bones 12.00 Road Wars 1.00 Road Wars 1.50 Martina Cole: Girls in Gangs London 2.40 Oops TV 3.05 Road Wars 3.30 Prison Break 4.20 Secret World of Magic 5.10 Kim's Rude Awakening 5.35 Kim's Rude Awakening
GOLD
2.05 Only Fools and Horses 3.10 Only Fools and Horses 5.05 My Family 5.45 The Vicar of Dibley 7.00 Last of the Summer Wine 7.40 Last of the Summer Wine 8.20 Last of the Summer Wine 9.00 Victoria Wood at the Albert Hall 11.35 Men Behaving Badly 12.10 Vic Reeves Big Night Out 12.45 Vic Reeves Big Night Out 1.20 Two Pints of Lager and a Packet of Crisps 2.00 Early Doors 2.30 Men Behaving Badly 3.00 Close
TCM
1.05 The Star PG (1952) 3.00 Now, Voyager PG (1942) 5.20 Hotel PG (1967) 7.40 The Golden Arrow PG (1936) 9.00 "10" 18 (1979) 11.25 Alice Doesn't Live Here Anymore PG (1974) 1.30 Quick Change 15 (1990) 3.00 Teleshopping 5.00 The Star PG (1952)
The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: Wizards of Waverly Place: The Movie - Behind the Scenes Special PG (2009) Fantasy adventure, starring Selena Gomez.

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MOVIES

Sky Movies Drama

6.20 Eye of the Dolphin PG (2006) 8.10 Breaking Away PG (1979) 9.55 The Capture of the Green River Killer 12.50 One True Thing 15 (1998) With Renee Zellweger. 3.00 The Last of the Mohicans 15 (1992) With Daniel Day-Lewis. 5.00 Beaches 15 (1988) With Bette Midler. 7.15 The Bucket List 12 (2008) With Jack Nicholson. 9.00 Things We Lost in the Fire 15 (2007) With Halle Berry. 11.00 Rules of Engagement 15 (2000) With Tommy Lee Jones. 1.10 What's Love Got to Do with It 18 (1993) With Angela Bassett. 3.10 Body Shots 18 (1999) 5.10 Miracle on the 17th Green U (1999)

Sky Movies Comedy

6.20 Firehouse Dog PG (2007) 8.20 Surf's Up PG (2007) 10.00 Alvin and the Chipmunks U (2007) 11.40 Alex Zane's Guest List 12.10 Billy Madison PG (1995) With Adam Sandler. 1.45 Meet the Spartans 12 (2008) With Sean Maguire. 3.15 Police Academy II: Their First Assignment 15 (1985) With Steve Guttenberg. 4.45 Alvin and the Chipmunks U (2007) With Jason Lee. 6.20 Billy Madison PG (1995) With Adam Sandler. 8.00 Meet the Spartans 12 (2008) With Sean Maguire. 9.30 Walk Hard: The Dewey Cox Story 15 (2007) With John C Reilly. 11.15 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 1.15 First Sunday 12 (2008) With Ice Cube. 3.00 The Naked Man 15 (1998) With Michael Rapaport. 4.40 Firehouse Dog PG (2007)

Sky Movies Action/Thriller

6.10 Airport '77 PG (1977) 8.10 Street Kings 15 (2008) 10.10 In the Name of the King: A Dungeon Siege Tale 12 (2007) 12.20 Bloodsport 18 (1988) With Jean-Claude Van Damme. 2.00 Category 7: The End of the World 4.50 Street Kings 15 (2008) With Keanu Reeves. 6.50 In the Name of the King: A Dungeon Siege Tale 12 (2007) With Jason Statham. 9.00 Bloodsport 18 (1988) With Jean-Claude Van Damme. 10.40 Renegades 18 (1989) With Kiefer Sutherland. 12.30 Metro 18 (1997) With Eddie Murphy. 2.30 The Corruptor 18 (1999) With Chow Yun-Fat. 4.25 Airport '77 PG (1977)

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SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Football First 8.00 Football First 9.30 The Sunday Supplement 11.00 Goals on Sunday 1.00 Live Premiership Rugby Union. London Wasps v Leeds Carnegie (Kick-off 1.15pm). 3.30 Live Super Sunday. Birmingham City v Manchester City (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Live Spanish Football. Malaga v Valencia and Deportivo La Coruna v Sporting Gijon (Kick-off 8.00pm). 10.00 Football Special 11.30 Super Sunday: The Last Word 12.00 Scottish Premier League Football 12.30 Spanish Football 2.00 Football Special 3.30 Super Sunday: The Last Word 4.00 Scottish Premier League Football 4.30 Spanish Football

Sky Sports 2

6.00 Live European Tour Golf. The Singapore Open. 8.30 Live World Match Play Championship Golf. The final at the Finca Cortesin Golf Club in Spain. 5.00 HSBC Champions Golf: Preview 5.30 Live NFL. The first of this evening's double bill. 9.00 Live NFL. The second of this evening's double bill. 12.30 Premiership Rugby Union 1.30 Wild Spirits 2.00 Close

Sky Sports 3

6.00 Watersports World 7.00 Squash 9.00 WWE: Afterburn 10.00 WWE Vintage Collection 11.00 Racing News 11.30 Wild Spirits 12.00 World Sport 12.30 Live Scottish Premier League Football. Dundee United v Rangers (Kick-off 12.45pm). 2.55 Live International Rugby League. Scotland v Lebanon (Kick-off 3.00pm). 5.00 Live International Rugby League. Wales v Ireland (Kick-off 5.00pm). 7.00 Scottish Premier League Football 7.30 Premiership Rugby Union 8.30 Golf Night 11.00 WWE: Late Night - Afterburn 12.00 WWE Vintage Collection 1.00 HSBC Champions Golf: Preview 1.30 Golf Night 4.00 HSBC Champions Golf: Preview 4.30 Close

British Eurosport

5.30 Asian Le Mans Series 6.45 Live World Touring Car Championship. The second race of the meeting in Japan. 7.45 MotoGP 9.30 GP2 Asia Series 10.30 F1: The Factory 11.00 Live Formula Two Championship. Race two at the Circuit de Catalunya in Barcelona. 12.00 World Touring Car Championship 1.00 Under-17s World Cup Football 2.00 Live New York Marathon. The 40th staging of the race. 3.00 Live WTA Tennis. The WTA Tour Championship final. 4.00 Live New York Marathon. A further update on the 40th staging of the race. 4.05 Live WTA Tennis. The WTA Tour Championship final. 5.00 WTA Tennis 5.10 New York Marathon 5.15 Under-17s World Cup Football 6.00 Live Under-17s World Cup Football. Italy v Uruguay (Kick-off 6.00pm). 8.00 Under-17s World Cup Football 9.00 Motorsports Weekend 9.15 WTA Tennis 9.30 ATP Tennis 10.30 WTA Tennis 11.30 ATP Tennis 12.30 Close

Sky Sports Xtra

6.00 World Sport 6.30 International Cricket 8.30 Premiership Rugby Union 10.30 International Rugby League 12.30 International Cricket 2.30 Wild Spirits 3.00 Squash 5.00 WWE: Experience 6.00 Live NASCAR 10.00 International Rugby League 12.00 International Rugby League 2.00 Squash 4.00 Close

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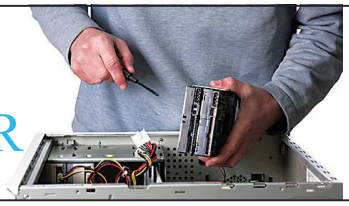

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BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Build or Not to Build. (T) 11.30 Car Booty; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: Uncle Max. (R) (T) 3.35 Eliot Kid. (R) (T) 3.50 OOglies. (R) (T) 4.05 School of Silence. (T) 4.35 MI High. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. General knowledge quiz, with Anne Robinson, in which members of the public answer questions in the hope of winning a cash prize. (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present reports on issues affecting people around the UK. (T)
7.30 Inside Out. Stories of interest to the region; (T) BBC News; Regional News. (T)
8.00 EastEnders. Archie tries to get Sam and Billy on his side as his scheme continues. Lucy comes into money as Syed gives in to her demands and Lucas proposes to Denise. (T)
8.30 Panorama. Jeremy Vine reports on the daily challenges facing Coventry's specialist child protection teams as the city's social workers seek to identify "at risk" children and assess parents' capabilities. Access to the emergency response team and a local neighbourhood unit reveals the problems staff encounter in carrying out such sensitive tasks, often involving marginalised families, when burdened by huge caseloads and time-consuming administrative duties. With public awareness of child neglect heightened as a result of the Baby Peter case, this documentary poses difficult questions about the effectiveness of the current system. (T)
9.00 Life. The focus turns to fish, the most diverse backboned creatures on the planet, with more than 28,000 species. Off the coast of South Australia, sea dragons pair up for courtship, engaging in a mirror dance before the eggs are laid on the male's tail. Gobies climb up the vertical rocks of Hawaiian waterfalls to access secluded pools at the summit, and flying fish use their elongated pectoral fins to escape from predators. Narrated by David Attenborough. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 The Graham Norton Show. Rob Brydon joins the host for a chat and takes the comedy chair. With music by American actor, singer and pianist Harry Connick Jr. (T)
11.20 The Apprentice USA. The teams take on the task of hosting a technology convention for senior citizens at a retirement home. (T)
12.05 The Apprentice USA; (T) Weatherview. (T) 12.55 Sign Zone: An Island Parish. (R) (T) 1.25 Sign Zone: Defying Gravity. (R) (T) 2.05 Sign Zone: Watchdog. (R) (T) 3.05 Sign Zone: MasterChef: The Professionals. (R) (T) 3.50 BBC News. (T)

Pick of the Day

Into the Storm, BBC2, 8.30pm
The story of Britain's greatest wartime leader has been retold countless times in myriad adaptations over the years, yet his subsequent fall from grace among the electorate following the defeat of the Nazis has often been overlooked. After all, it's easy to see why the story of the theatrical, rousing rhetoric that Churchill used to mobilise a nation is a far more palatable tale than his less successful political career in post-war Britain. This HBO-produced drama starring Brendan Gleeson as the enigmatic leader follows his anxious wait for approval from a voting public that once hung on his every word. Churchill is portrayed as a man whose political direction was thrust upon him by the immediacy of war, and who served his purpose to galvanise a nation only to be found wanting as a peacetime minister. Starring alongside Gleeson as Churchill's wife Clemmie is Janet McTeer (Tumbleweeds) whose dutiful portrayal of Churchill's other half illustrates the pressure that she bore to support her stalwart husband. As we've come to expect, HBO pulls out all the stops to put the big names in front of and behind the lens, with Tony and Ridley Scott overseeing executive producing duties.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. New series. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Leyla tires of being blackmailed by Nathan after taking the blame for his drink-driving accident, but receives a menacing threat when she tries to break his control over her. Laurel becomes concerned about how well Sally is settling back into life in the Thomas household, and Sam embarrasses Hannah in front of her friends. (T)
7.30 Coronation Street. Hayley tries to allay Roy's fears after he tells her about Tony's confession, and a distressed Maria arrives back from Cyprus desperate to see her fiance. Ryan discovers Michelle spent the night with Jake, while Peter and Leanne are shocked when a stranger called George introduces himself as Simon's grandad. (T)
8.00 I'm Paid More Than the PM: Tonight. (T)
8.30 Coronation Street. Roy endures an uncomfortable meeting with Tony at the hospital after Maria thanks him for all he has done, while Sally bosses the factory workers around as she relishes her new role as PA. George asks Peter for the chance to be part of Simon's life, and new girlfriend Zoe accompanies David to the Rovers - much to Tina's surprise. (T)
9.00 Murderland. In the present day, Carol's obsessive drive to solve her mother's murder finally yields results when she and retired detective Hain discover why Sally was killed and who was responsible. But the journey takes Carol into a world her mum had always concealed, and there is a high price to pay for uncovering the truth about the fateful night in 1994. Thriller, starring Robbie Coltrane, Amanda Hale and Lucy Cohu. Last in the series. (T)
10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 FILM: Escape from New York (1981). Sci-fi action adventure, starring Kurt Russell. (T)
12.25 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 1.20 Loose Women. (R) 2.05 The Jeremy Kyle Show. (R) (T) 3.00 ITV Nightscreen.

(R) - repeat programme;
(T) - programme w/ teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Mama Mirabelle's Home Movies. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Outback 8. (R) (T) 8.00 Dani's House. (R) (T) 8.30 CBeebies: Tommy Zoom. (R) (T) 8.40 Pinky Dinky Doo. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Charlie and Lola. (R) (T) 10.20 Yoko! Jakamoko! Toto! (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Pingu. (R) (T) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 All Saints. (T) 1.45 Open House. (R) (T) 2.15 Crisis Claims and Cons. (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flog It! (T) 4.30 Are You an Egghead? (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Coal House at War. The weekend provides a break from the pressures of work. While the men head off for football training, the women get their hair done. Back at the Coal House there are new arrivals. (R) (T) 7.30 An Island Parish. The Rev David Easton performs in the island's annual pantomime. (T) 8.00 University Challenge. Girton College, Cambridge v St George's, University of London. (T) **8.30 Into the Storm.** Fact-based drama, starring Brendan Gleeson. (T) 10.00 Have I Got News for You. With Miranda Hart. (R) (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Charley Boorman: Sydney to Tokyo, by Any Means. (R) (T) 12.20 Defying Gravity. (R) (T) 1.05 BBC News. (T) 3.50 Close.

C4

6.00 The Treacle People. (R) (T) 6.10 Sali Mali. (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Frasier. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Advertising Uncut; (R) (T) 3 Minute Wonder. (R) (T) 10.00 Tricky Business; (R) (T) 3 Minute Wonder. (R) (T) 10.30 Vocation, Vocation, Vocation; (R) (T) 3 Minute Wonder. (R) (T) 11.00 Take Away My Takeaway; (R) (T) 3 Minute Wonder. (R) (T) 11.30 Self Portrait UK. (R) (T) 11.35 Parents & Teens: Welcome to My World. (R) (T) 12.00 News at Noon. (T) 12.30 3 Minute Wonder: FameLab. (T) 12.35 FILM: The Englishman Who Went Up a Hill, But Came Down a Mountain (1995). Comedy drama, starring Hugh Grant. (T) 2.20 The Last Voices of World War One. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 The Political Slot. (T) 8.00 Is It Better to Be Mixed Race? Geneticist Aarathi Prasad examines controversial claims that the children of mixed-race relationships have biological advantages over their counterparts. Part of the Race: Science's Last Taboo season. (T) 9.00 The Great Escape: The Reckoning. The investigation into the murder of escapees from Stalag Luft III in 1944. (T) 10.00 Ugly Betty. Wilhelmina gets creative when she deals with a cash flow problem. (T) 10.55 Did Heston Change Little Chef? (R) (T) 12.00 Foo Fighters: Live in London. (R) (T) 1.00 No Angels. (R) (T) 2.05 FILM: Red Lights (2004). French thriller, starring Jean-Pierre Darroussin. 4.00 Channel 4 Education. (T)

FIVE

6.00 Milkshake!: Fireman Sam. (R) (T) 6.10 Pocoyo. (R) (T) 6.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.30 Chiro. (R) (T) 6.35 The Beeps. (R) (T) 6.50 Animal Families. (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.15 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (T) 8.30 Thomas & Friends. (R) (T) 8.40 The WotWots. (T) 8.50 Hana's Helpline. (R) (T) 9.05 Family! (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Diet Doctors: Inside and Out. (R) (T) 12.40 Five News. (T) 12.50 Floyd Around the Med. (R) (T) 1.15 Cooking the Books. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Property List: Top Spots. (R) (T) 3.05 Talking to Heaven. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 How Do They Do It? The technology behind the Thames Barrier; (R) (T) 7.30 Five News Update. (T) 8.00 The Gadget Show. Jason Bradbury and Suzi Perry compete to produce the most ingenious device for pets, Ortis Deley tests pocket tools and Jon Bentley investigates online photo-printing services; (T) 8.00 Five News at 9. 9.00 FlashForward. Olivia confronts Mark about his vision. (T) 10.00 America's Toughest Prisons. Life inside Colorado's Youthful Offender System. (T) 11.00 Ross Noble's Australian Trip. (T) 12.00 Disorderly Conduct. (R) (T) 12.55 SuperCasino. 3.00 NASCAR. 3.55 Race and Rally UK. 4.45 Motorsport Mundial. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1420 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 Notas Soltas 2115 Salvador 2145 Jogo Duplo 2245 Prós e Contras 0115 BOPE: O Lado Obscuro do Rio 0215 Saved, series 0300 Amor e Intrigas 0415 Telesales 0605 Nós
RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Eurodeputados 1945 Zig Zag 2045 Gary Unmarried, series 2115 National Geographic 2145 A Hora da Sorte 2200 News 2240 Weeds, series 2330 Dexter, series 0030 Noites da Dois 0130 Universidades 0200 Diga Lá Excelência 0300 Eurodeputados 0330 Euronews 0500 Sociedade Civil
SIC
0600 Sic Notícias 0700 Edição da Manhã 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nós Por Cá 2000 News 2130 M/F: Sarilhos em Casa 2300 Viver a Vida 0030 CSI: Miami, series 0130 NCIS, series 0230 Quando o Telefone Toca
TVI
0700 Diário da Manha 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2115 Deixa Que Te Leve 2215 Meu Amor 2315 Sentimentos 0000 Flor do Mar 0100 The Shield, series 0200 Sempre a Somar 0345 NCIS, series 0530 Telesales

Best of the Rest

BBC3
7.00 Merlin 7.45 Merlin Secrets and Magic 8.00 The Real Hustle on Holiday 8.30 Don't Get Screwed 9.00 Britain's Really Disgusting Food 10.00 EastEnders 10.30 The Mighty Boosh 11.00 Family Guy 11.20 Family Guy 11.45 Don't Get Screwed 12.15 Britain's Really Disgusting Food 1.15 The Real Hustle on Holiday 1.45 Don't Tell the Bride 2.45 The Mighty Boosh 3.15 Bizarre Animal ER 3.45 Bizarre Animal ER 4.15 The World's Strictest Parents 5.15 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 The Sky at Night 8.00 The Twenties in Colour: The Wonderful World of Albert Kahn 9.00 Glamour's Golden Age 10.00 Reputations 10.45 JLB: The Man Who Saw the Future 12.00 Baroque! From St Peter's to St Paul's 1.00 Baroque! From St Peter's to St Paul's 2.00 Baroque! From St Peter's to St Paul's 3.05 Glamour's Golden Age 4.05 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 All Star Mr & Mrs 8.00 Harry Hill's TV Burp 8.30 New You've Been Framed! 9.00 Hell's Kitchen USA 10.00 Benidorm 11.00 Film: Ocean's Eleven 12 (2001) 1.20 Coronation Street 1.50 Coronation Street 2.15 Emmerdale 2.40 Teleshopping 3.10 The Montel Williams Show 3.50 Teleshopping 5.50 ITV2 Nightscreen
Sky1
1.00 Project Runway 2.00 Bones 3.00 Cold Case 4.00 Malcolm in the Middle 4.30 Futurama 5.00 Futurama 5.30 Oops TV 6.30 The Simpsons 7.00 Michael Jackson's Private Home Movies 7.30 The Simpsons 8.00 Futurama 8.30 The Simpsons 9.00 Naked Britain 9.30 Naked Britain 10.00 UK Border Force 11.00 Stargate Universe 12.00 Stargate SG-1 1.00 Road Wars 1.55 Lovespring International 2.20 Bones 3.15 Too Much Too Young 4.10 Don't Forget the Lyrics 5.00 Gladiators G Zone 5.10 Kim's Rude Awakening 5.35 Kim's Rude Awakening
GOLD
1.20 Last of the Summer Wine 2.00 The Good Life 2.40 Yes, Prime Minister 3.20 Whatever Happened to the Likely Lads? 4.00 One Foot in the Grave 4.40 As Time Goes By 5.20 Porridge 6.00 Whatever Happened to the Likely Lads? 7.00 Last of the Summer Wine 7.40 The Good Life 8.20 Yes, Prime Minister 9.00 Only Fools and Horses 9.40 Only Fools and Horses 11.25 Two Pints of Lager and a Packet of Crisps 12.05 Early Doors 12.50 Crapston Villas 1.05 A Bit of Fry and Laurie 1.45 Porridge 2.20 Waiting for God 3.00 Close
TCM
3.00 Quo Vadis PG (1951) 6.20 The Silver Chalice U (1954) 9.00 Possession 12 (2002) 11.00 Absolute Power 15 (1997) 1.20 Possession 12 (2002) 3.00 Teleshopping 5.00 None But the Brave PG (1965)
The Disney Channel
Kids' programmes from 7am

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MOVIES

Sky Movies Drama

6.50 Elizabeth: The Golden Age 12 (2007) 8.50 The Sixth Sense 15 (1999) 10.50 Saving Sarah Cain PG (2007) 12.40 The Sicilian 18 (1987) With Christopher Lambert. 3.15 Love N' Dancing 12 (2008) With Amy Smart. 5.00 No Reservations PG (2007) With Catherine Zeta-Jones. 6.50 Rendition 15 (2007) With Reese Witherspoon. 9.00 Stop-Loss 15 (2008) With Ryan Phillippe. 11.00 Deception 15 (2008) With Hugh Jackman. 12.50 Body of Evidence 18 (1992) With Madonna. 2.40 Paranoid 18 (1999) With Jessica Alba. 4.20 The Patron Saint of Liars PG (1997)

Sky Movies Comedy

6.35 Dan in Real Life PG (2007) 8.20 The Great Outdoors PG (1988) 9.55 Wedding Daze 15 (2006) 11.30 K-9 12 (1989) With James Belushi. 1.15 Me, Myself and Irene 15 (2000) With Jim Carrey. 3.15 Sixteen Candles 15 (1985) With Molly Ringwald. 4.50 The Great Outdoors PG (1988) With Dan Aykroyd. 6.25 Wedding Daze 15 (2006) With Jason Biggs. 8.00 Me, Myself and Irene 15 (2000) With Jim Carrey. 10.00 Pineapple Express 15 (2008) With Seth Rogen. 12.00 Sixteen Candles 15 (1985) With Molly Ringwald. 1.40 K-9 12 (1989) With James Belushi. 3.25 Pineapple Express 15 (2008) 5.25 Dan in Real Life PG (2007)

Sky Movies Action/Thriller

6.20 Southland Tales 15 (2005) 9.00 Gone in 60 Seconds 15 (2000) 11.00 The Mechanik 15 (2005) With Dolph Lundgren. 12.40 Death Race 15 (2008) With Jason Statham. 2.40 Southland Tales 15 (2005) With Dwayne Johnson. 5.20 Gone in 60 Seconds 15 (2000) With Nicolas Cage. 7.20 The Mechanik 15 (2005) With Dolph Lundgren. 9.00 Death Race 15 (2008) With Jason Statham. 11.00 Shoot 'Em Up 18 (2007) With Clive Owen. 12.35 The Poseidon Adventure 2.10 Sleepers 18 (1996) With Brad Pitt. 4.40 Volcano: Fire on the Mountain PG (1997)

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SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 8.00 Scottish Premier League Football 8.30 Champions League Weekly 8.55 Live International Cricket. India v Australia. 5.30 Soccer AM: The Best Bits 6.30 SPL Round-Up 7.00 Netbusters 7.30 Live Football League. Sheffield United v Newcastle United (Kick-off 7.45pm). 10.00 Time of Our Lives 11.00 Netbusters 11.30 SPL Round-Up 12.00 Soccer AM: The Best Bits 1.00 Football League 2.30 Time of Our Lives 3.30 FIFA Futbol Mundial 4.00 Soccer AM: The Best Bits 5.00 Watersports World

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 WWE: Bottom Line 8.00 Premiership Rugby Union 9.00 Football Special 10.30 Super Sunday: The Last Word 11.00 Spanish Football 12.30 Scottish Premier League Football 1.00 Football Special 2.30 Super Sunday: The Last Word 3.00 Spanish Football 4.30 Scottish Premier League Football 5.00 Champions League Weekly 5.30 Show Jumping 6.30 Wild Spirits 7.00 Golf 8.00 International Cricket 10.00 Poker 12.00 International Cricket 2.00 Poker 4.00 Golf

Sky Sports 3

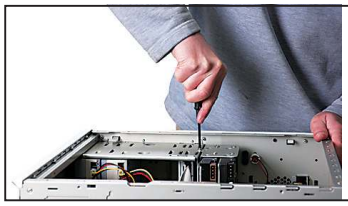
8.00 HSBC Champions Golf: Preview 8.30 Golf Night 11.00 Racing News 11.30 Aerobics Oz Style 12.00 NFL Gameday 1.30 NASCAR 3.30 NFL Gameday 5.00 WWE: Raw 7.00 NFL Gameday 8.30 Powder Adventures 9.00 Show Jumping 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 1.00 WWE Vintage Collection 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

British Eurosport

7.30 World Touring Car Championship 8.30 Under-17s World Cup Football 9.30 Under-17s World Cup Football 10.30 ATP Tennis 11.30 WTA Tennis 12.30 ATP Tennis 1.30 Under-17s World Cup Football 2.15 Under-17s World Cup Football 4.00 Under-17s World Cup Football 5.00 Eurogoals 5.45 Football 7.15 Eurogoals: One to One 7.30 Cycling 9.30 Eurogoals 10.15 Football 11.45 Under-17s World Cup Football 12.30 Motorsports Weekend 12.45 Close

Sky Sports Xtra

8.00 Squash 10.00 NASCAR 12.00 International Rugby League 2.00 International Rugby League 4.00 Powder Adventures 4.30 Aerobics Oz Style 5.00 Angling 6.00 Powder Adventures 6.30 Spirit of Yachting 7.00 Karting 7.30 Great Run Series 8.00 Angling 9.00 Spirit of Yachting 9.30 Karting 10.00 Golf 11.00 Powder Adventures 11.30 Karting 12.00 Angling 1.00 Powder Adventures 1.30 Wild Spirits 2.00 Show Jumping 3.00 Great Run Series 3.30 Spirit of Yachting 4.00 Karting 4.30 Close



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[1] Screen not included. IVA not included
[2] Installation costs €40 per hour, but not available in every area.

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BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Build or Not to Build. (T) 11.30 Car Booty; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: Uncle Max. (R) (T) 3.35 Eliot Kid. (R) (T) 3.50 OOglies. (R) (T) 4.05 Raven. (T) 4.35 Blue Peter; (T) MyWish. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz, as contestants try to weed out the weaklings and walk off with a cash prize. (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present the live topical show, including regular features by historian Dan Snow and consumer expert Dominic Littlewood. (T)
7.30 EastEnders. Archie and Janine plot to set fire to the Vic and pin the blame on Billy. Jane tries to persuade Ian to adopt and Christian discovers Lucy is Syed's blackmailer; (T) BBC News; Regional News. (T)
8.00 Holby City. Elliot begins to crack under the stress of managing without Connie and worries he may be having a heart attack. Maria is desperate to impress Judith on her first day back at work. (T)
9.00 Around the World in 80 Days. Bill Turnbull and Louise Minchin travel from Mongolia to America, paying tribute to British soldiers who fought in the Korean War, and riding one of the fastest trains in the world. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Black Widow Granny? Director Norman Hull sets out to discover the truth behind the headlines labelling American grandmother Betty Neumar the Black Widow. He catches up with some of Betty's children from her five marriages, and meets Al Gentry, who in 2008 managed to have her arrested for the murder of his brother in 1986. He also meets the alleged femme fatale herself, who denies all murder charges, and presents him with her own explanation of events. (T)
11.30 Film 2009 with Jonathan Ross. The host takes a look at Robert Zemeckis's take on Dickens' Victorian classic A Christmas Carol, which features digitally animated versions of Jim Carrey, Bob Hoskins, Gary Oldman and Colin Firth. He also examines George Clooney and Ewan McGregor's roles in satirical comedy The Men Who Stare at Goats, John Keats biopic Bright Star and high-school horror film Jennifer's Body, starring Megan Fox. (T)
12.00 The Graham Norton Show; (R) (T) Weatherview. (T) 12.50 Sign Zone: See Hear. (R) (T) 1.20 Sign Zone: Saving Britain's Past. (R) (T) 1.50 Sign Zone: Jimmy's Food Factory. (R) (T) 2.20 Sign Zone: MasterChef: The Professionals. (R) (T) 3.05 BBC News. (T)

Pick of the Day

Gordon Ramsay's F Word, CH4, 9pm

The foul-mouthed chef returns to the television schedules tonight and, boy, have we missed him. His F Word series returns with an exciting new challenge — a nationwide search to find the best independent restaurant in Britain. With the help of nominations from 10,000 restaurant goers across the country, a shortlist of 18 eateries has been drawn up and each week two of these will go head-to-head to cook with Gordon in an F Word restaurant for 50 diners. Italian, Indian, French, Chinese, Thai, South American and British cuisine will be put to the test in the coming weeks. In the first week, two Italian restaurants compete to advance to the next round under the watchful eye of Gordon and his faithful staff. Which team will perfect their pasta and serve mouth-watering meatballs? Meanwhile, Janet Street-Porter tries to rear cows, pigs and chickens for the chefs to cook in new segment Janet's Mixed Grill. And the much-loved recipe challenge returns, as each week Gordon challenges a celebrity to match him in the kitchen. This week, Gordon goes up against Katie Price.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls.
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Leyla becomes increasingly concerned about Nathan's threats, and inadvertently snubs David as he tries to add a touch of romance to their lives. Meanwhile, Charity desperately tries to work her feminine wiles on Cain, who remains indifferent to her charms. (T)
7.30 Grimefighters. A kebab shop in Wolverhampton receives surprise visitors, a drain duo rescue an Essex damsel in distress, and an enforcement officer opens the doors to a squalid Newcastle house. (T)
8.00 Who Wants to Be a Millionaire? Chris Tarrant hosts the big-prize quiz, inviting another line-up of contestants to answer questions that could change their lives. (T)
9.00 7 Days on the Breadline. As Mel B, Austin Healey, Trinny Woodall and Keith Allen continue their week on neighbouring council estates in Leeds, they have just a few days left to make a difference to the lives of their adoptive families. Austin organises a meeting for troublesome teenager Luke with the Prince's Trust, which can find work for young offenders, while Trinny realises she too has gained from the experience. Narrated by Anna Friel. Last in the series. (T)
10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 Dishing the Dirt. The misery of food poisoning is revealed as the programme goes undercover in the Dominican Republic to investigate one of the worst cases in recent times involving more than 1,000 hotel guests. Waltham Forest's environmental health officers track down a rat infestation at a local takeaway, and Rebecca Wilcox finds out first-hand just what it takes to make a kitchen really clean. Last in the series. (T)
11.35 In Plain Sight. FBI agent O'Connor resurfaces to arrest Brandi for drug trafficking and murder. Convinced her sister is innocent, Mary resolves to uncover the real motive for his actions. (T)
12.30 Premiership Rugby Union; (R) ITV News Headlines. 1.20 Loose Women. (R) 2.10 The Jeremy Kyle Show. (R) (T) 3.05 ITV Nightscreen.

BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Mama Mirabelle's Home Movies. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Outback 8. (R) (T) 8.00 Dani's House. (R) (T) 8.30 CBeebies: Tommy Zoom. (R) (T) 8.40 Pinky Dinky Doo. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Charlie and Lola. (R) (T) 10.20 Yoko! Jakamoko! Toto! (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Pingu. (R) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 All Saints. (T) 1.45 Open House. (R) (T) 2.15 Crisis Claims and Cons. (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flog It! (T) 4.30 Are You an Egghead? (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Ray Mears' Northern Wilderness. The survival expert continues to explore the Canadian wilderness, discovering the history of the Hudson's Bay Company - one of the world's oldest businesses. (R) (T) 8.00 James May's Toy Stories. The presenter enters a Plasticine garden into the Chelsea Flower Show. (T) 9.00 Horizon. Whether black holes hold the key to solving the mysteries of the universe. (T) 10.00 Later Live - with Jools Holland. With Foo Fighters, Jay-Z, Sting, Norah Jones, Stornoway and Erik Mongrain. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 The Culture Show. (R) (T) 12.20 BBC News. (T) 3.05 Close.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

C4

6.00 The Treacle People. (R) (T) 6.10 Sali Mali. (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Frasier. (R) (T) 8.25 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Advertising Uncut; (R) (T) 3 Minute Wonder. (R) (T) 10.00 Tricky Business; (R) (T) 3 Minute Wonder. (R) (T) 10.30 Vocation, Vocation, Vocation; (R) (T) 3 Minute Wonder. (R) (T) 11.00 Take Away My Takeaway; (R) (T) 3 Minute Wonder. (R) (T) 11.30 Self Portrait UK. (R) (T) 11.35 Parents & Teens: Welcome to My World. (R) (T) 12.00 News at Noon. (T) 12.30 3 Minute Wonder: FameLab. (T) 12.35 FILM: The Black Tent (1956). Romantic drama, starring Anthony Steel and Anna-Maria Sandri. (T) 2.20 The Last Voices of World War One. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 The Political Slot. (T) 8.00 How to Look Good Naked. Gok Wan revisits Kelly Chamberlain, who suffered from breast cancer. (T) **9.00 Gordon Ramsay's F Word.** New series. The chef sets out to discover the nation's favourite restaurant. (T) 10.00 Bleach, Nip, Tuck: The White Beauty Myth. Part two of two. The documentary meets three people desperate to obtain whiter facial features, and highlights some of "westernisation" surgery's most extreme procedures. Part of the Race: Science's Last Taboo season. (T) 11.00 Derren Brown: Trick of the Mind. (R) (T) 11.35 The Real Housewives of New Jersey. (T) 12.35 Late Night Poker. 1.40 FIA GT Championship. (R) (T) 2.05 Superbikes World Championship. 2.35 World Sport. (R) (T) 3.05 Freesports on 4. (R) (T) 3.30 Freesports on 4. (R) (T) 4.00 Channel 4 Education. (T)

FIVE

6.00 Milkshake!: Fireman Sam. (R) (T) 6.10 Pocoyo. (R) (T) 6.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.30 Chiro. (R) (T) 6.35 The Beeps. (R) (T) 6.50 Animal Families. (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.15 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (T) 8.30 Thomas & Friends. (R) (T) 8.40 The WotWots. (T) 8.50 Hana's Helpline. (R) (T) 9.05 Family! (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Diet Doctors: Inside and Out. (R) (T) 12.40 Five News. (T) 12.50 Floyd Around the Med. (R) (T) 1.15 Cooking the Books. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Property List: Top Spots. (R) (T) 3.00 Zoo Days. (R) (T) 3.10 Talking to Heaven. (R) (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Monkey Life. Mad Max gets to know his new housemates. Ben and Pip get a shock during another meeting with Hananya, and Piquita is the centre of attention in the woolly monkey enclosure; (R) (T) 7.30 Five News Update. 8.00 Nature Shock. The mysterious deaths of nearly 2,000 people in Cameroon. Last in the series; (T) 8.00 Five News at 9. 9.00 CSI: Miami. The team again comes under threat from Russian mobsters. (T) 10.00 CSI: NY. A Native American tribe leader is shot dead; (R) (T) Five News Update. 11.00 CSI: Crime Scene Investigation. (R) (T) 12.00 The FBI Files. (R) (T) 12.55 SuperCasino. 3.00 US PGA Golf. 3.55 Ironman Triathlon. 4.45 Boxing Classic. (R) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 30 Minutos 2130 Telerural 2200 Jogo Duplo 2230 Serviço de Saúde 2300 Football Highlights 0015 Liga dos Últimos 0100 Terminator: The Sarah Connor Chronicles, series 0230 Amor e Intrigas 0415 Telesales 0605 Nós
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0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 ArquitectArte 1945 Zig Zag 2045 Gary Unmarried, series 2115 National Geographic 2200 News 2240 Grey's Anatomy, series 2330 Bairro Alto 0030 Noites da Dois 0130 Universidades 0200 Câmara Clara 0310 Euronews 0500 Sociedade Civil
SIC
0600 Sic Notícias 0700 Edição da Manhã 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nós Por Cá 2000 News 2130 M/F: Sarilhos em Casa 2300 Viver a Vida 0030 CSI: Miami, series 0130 NCIS, series 0230 Quando o Telefone Toca
TVI
0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2115 Deixa Que Te Leve 2215 Meu Amor 2300 Sentimentos 2345 Flor do Mar 0030 Eye for na Eye, film 0230 Sempre a Somar 0400 NCIS, series 0530 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 The World's Strictest Parents 9.00 Don't Tell the Bride 10.00 EastEnders 10.30 Britain's Really Disgusting Food 11.30 Family Guy 11.50 Family Guy 12.15 Don't Tell the Bride 1.15 Don't Get Screwed 1.45 Britain's Really Disgusting Food 2.40 The World's Strictest Parents 3.40 Who Made Me Fat? 4.40 Don't Get Screwed 5.10 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Tales from the Green Valley 8.00 Life 9.00 Timeshift - The Last Days of the Liners 10.00 It's Only a Theory 10.30 Film: Romanzo Criminale 15 (2005) 12.55 Blues at the BBC 1.55 It's Only a Theory 2.25 Timeshift - The Last Days of the Liners 3.25 It's Only a Theory 3.55 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Gossip Girl 8.00 Peter Andre: The Next Chapter 9.00 Dannii Minogue Uncut: Piers Morgan's Life Stories 10.30 Film: Ocean's Twelve 12 (2004) 12.55 Emmerdale 1.25 American Princess 2.25 Teleshopping 5.25 ITV2 Nightscreen

The Portugal News has its distribution figures officially audited. Call 707 500 677 for details.

Sky1
1.00 Project Runway 2.00 Bones 3.00 Cold Case 4.00 Malcolm in the Middle 4.30 Futurama 5.00 Futurama 5.30 Oops TV 6.30 The Simpsons 7.00 Michael Jackson's Private Home Movies 7.30 The Simpsons 8.00 Stargate Universe 9.00 Ross Kemp: Behind the Story 9.30 Ross Kemp Remembers Kenya 10.30 House 11.30 Lie to Me 12.30 Fringe 1.30 Road Wars 2.20 Road Wars 3.15 Oops TV 3.40 Bite Size Brainiac 3.55 Lovespring International 4.20 Bones 5.10 Kim's Rude Awakening 5.35 Kim's Rude Awakening
GOLD
1.20 Porridge 2.00 The Good Life 2.40 Yes, Prime Minister 3.20 Whatever Happened to the Likely Lads? 4.00 One Foot in the Grave 4.40 As Time Goes By 5.20 Only Fools and Horses 6.00 Only Fools and Horses 7.40 The Good Life 8.20 Yes, Prime Minister 9.00 Only Fools and Horses 9.40 Only Fools and Horses 10.50 Gimme Gimme Gimme 11.30 Two Pints of Lager and a Packet of Crisps 12.05 Early Doors 12.45 Crapston Villas 1.00 Gimme Gimme Gimme 1.40 Two Pints of Lager and a Packet of Crisps 2.15 Early Doors 2.50 Close Up 3.00 Close
TCM
3.00 Young Man with a Horn U (1950) 5.05 The Train Robbers U (1973) 6.45 The Sins of Rachel Cade PG (1961) 9.00 All the President's Men 15 (1976) 11.45 The Man Who Loved Cat Dancing 15 (1973) 2.00 Off Set 3.00 Teleshopping 5.00 Assault on a Queen U (1966)
The Disney Channel
Kids' programmes from 7am

MOVIES

Sky Movies Drama

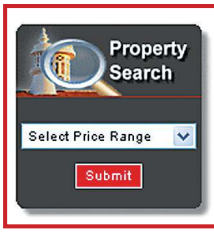
6.00 Charlie Wilson's War 15 (2007) 7.45 Pride and Prejudice PG (2003) 9.45 35MM 10.15 The Glenn Miller Story U (1953) 12.15 The Trench 15 (1999) With Daniel Craig. 2.00 What Dreams May Come 15 (1998) With Robin Williams. 4.00 Sweet Nothing in My Ear PG (2008) With Jeff Daniels. 5.45 The Mexican 15 (2001) With Brad Pitt. 8.00 We Own the Night 15 (2007) With Joaquin Phoenix. 10.00 The Brave One 18 (2007) With Jodie Foster. 12.10 Atonement 15 (2007) With Keira Knightley. 2.15 Flesh and Bone 15 (1993) With Dennis Quaid. 4.30 Taken Away PG (1996)

Sky Movies Comedy

7.10 The Nanny Diaries 12 (2007) 9.00 Death Becomes Her PG (1992) 10.50 Alex Zane's Guest List 11.20 Mr Woodcock 12 (2007) With Billy Bob Thornton. 12.55 St Trinian's 12 (2007) With Rupert Everett. 2.40 American Pie 15 (1999) With Jason Biggs. 4.20 The Nanny Diaries 12 (2007) With Scarlett Johansson. 6.10 Death Becomes Her PG (1992) With Meryl Streep. 8.00 St Trinian's 12 (2007) With Rupert Everett. 9.45 American Pie 15 (1999) With Jason Biggs. 11.25 Mr Woodcock 12 (2007) With Billy Bob Thornton. 1.00 The Brothers Solomon 15 (2007) With Will Arnett. 2.40 I Think I Love My Wife 15 (2007) With Chris Rock. 4.20 More of Me PG (2007)

Sky Movies Action/Thriller

6.15 The Sender 18 (1982) 7.50 Daylight 12 (1996) 9.50 The Eiger Sanction 15 (1975) 12.05 Babylon AD 15 (2008) With Vin Diesel. 1.45 Daylight 12 (1996) With Sylvester Stallone. 3.45 The Eiger Sanction 15 (1975) With Clint Eastwood. 5.55 Die Hard 2 18 (1990) With Bruce Willis. 8.00 Babylon AD 15 (2008) With Vin Diesel. 9.45 The Top 10 Show 10.00 Kill Switch 18 (2008) With Steven Seagal. 11.40 Die Hard 2 18 (1990) With Bruce Willis. 1.50 The Poseidon Adventure 3.30 The Sender 18 (1982) 5.15 In the Line of Duty: Smoke Jumpers PG (1996)



QUICK PROPERTY SEARCH
Get a quick overview of properties available from our home page. Hundreds of properties to see, classified by Price Range
www.the-news.net

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Netbusters 9.30 SPL Round-Up 10.00 Football League 11.30 Soccer AM: The Best Bits 12.30 Netbusters 1.00 Football League 2.30 SPL Round-Up 3.00 Soccer AM: The Best Bits 4.00 Football League 5.30 Football Asia 6.00 A-League 6.30 Revista De La Liga 7.30 Soccer Special 10.00 Poker Million 12.00 Football Asia 12.30 UEFA Champions League Goals 1.30 Revista De La Liga 2.30 A-League 3.00 UEFA Champions League Goals 4.00 Revista De La Liga 5.00 A-League 5.30 Football Asia

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 WWE: Afterburn 8.00 Angling 9.00 Golf 10.00 Poker 12.00 International Cricket 2.00 Great Run Series 2.30 Poker 4.30 Golf 5.30 European Challenge Tour Golf 6.30 HSBC Champions Golf: Preview 7.00 Live UEFA Champions League. Manchester United v CSKA Moscow (Kick-off 7.45pm). 10.00 UEFA Champions League Goals 11.00 Revista De La Liga 12.00 European Challenge Tour Golf 1.00 HSBC Champions Golf: Preview 1.30 Pool 2.30 Close

Sky Sports 3

7.00 International Cricket 9.00 Show Jumping 10.00 Great Run Series 10.30 Karting 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Angling 1.00 Show Jumping 2.00 Powder Adventures 2.30 Wild Spirits 3.00 Angling 4.00 Show Jumping 5.00 WWE: Smackdown 7.00 Mountain Biking 8.00 Australasian Supercross Championship: Preview 9.00 European Challenge Tour Golf 10.00 Sports Unlimited 11.00 Mountain Biking 12.00 Pool 1.00 Mountain Biking 2.00 Angling 3.00 Close

British Eurosport

7.30 WATTS 7.45 Eurogoals 8.30 Football 10.00 MotoGP 11.00 MotoGP 12.00 Live Race of Champions. The Nations Cup event at the Beijing National Stadium in China. 3.00 Under-17s World Cup Football 4.30 Football 6.00 Eurogoals Flash 6.10 Race of Champions 8.00 Boxing 10.00 Freeride Spirit Show 10.15 Inside WTCC 10.45 Porsche Super Cup 11.15 Race of Champions 12.15 Ten Pin Bowling 1.15 Close

Sky Sports Xtra

3.30 Spirit of Yachting 4.00 Powder Adventures 4.30 Aerobics Oz Style 5.00 Pool 6.00 Powder Adventures 6.30 Sports Unlimited 7.30 Live UEFA Champions League. Atletico Madrid v Chelsea (Kick-off 7.45pm). 10.00 Pool 11.00 HSBC Champions Golf: Preview 11.30 Australasian Supercross Championship: Preview 12.30 Sports Unlimited 1.30 Powder Adventures 2.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Build or Not to Build. (T) 11.30 Car Booty; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: Uncle Max. (R) (T) 3.35 Eliot Kid. (R) (T) 3.50 OOglies. (R) (T) 4.05 Keep Your Enemies Close. (T) 4.35 Blue Peter; (T) MyWish. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest, where teamwork goes hand in hand with greed. (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Topical magazine show, presented by Adrian Chiles and Christine Bleakley. (T)
7.30 Jimmy's Food Factory. Jimmy Doherty examines the science behind making dairy foods using a DIY production line set up in a barn. He investigates the processes involved in the pasteurisation and homogenisation of milk, and also tries to make his own reduced-fat spread. Later, he follows an egg's journey from hen to supermarket, and learns about a factory that uses bacteria to turn milk into Red Leicester cheese; (T) BBC News; Regional News. (T)
8.00 Waterloo Road. Bolton has no one to turn to when he is accused of attempted rape, while Rachel accompanies Lindsay and Em to their father's funeral. Eva Pope and Tom Chambers star. (T)
9.00 Spooks. New series. The agents are in a state of panic following Harry's kidnapping and their worst fears are confirmed when footage of his killing is posted on the internet, but Ros and Lucas refuse to accept their leader is dead and mount a mission to identify his captors. The discovery of his abductor's body destroys their strongest lead, and they turn to the new CIA liaison officer for help. However, the unexpected return of a former colleague holds the key to Harry's whereabouts and an international conspiracy. Drama, starring Hermione Norris and Richard Armitage. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 The National Lottery Draws. With an appearance by Bon Jovi. (T)
10.45 FILM: Interview with the Vampire (1994). Gothic horror, starring Tom Cruise and Brad Pitt; (T) Weatherview. (T)
12.50 Sign Zone: Gandhi. (R) (T) 1.50 Sign Zone: Antiques Roadshow. (R) (T) 2.50 Sign Zone: Country Tracks. (R) (T) 3.45 Sign Zone: MasterChef: The Professionals. (R) (T) 4.30 BBC News. (T)

Pick of the Day

Spooks, BBC1, 9pm
Viewers have certainly come to expect shocks, twists and endless big bangs from this consistently brilliant drama, and series eight promises more of the same. Following the dramatic climax of series seven, viewers will be on the edge of their seats, eagerly waiting to find out which of the country's finest spies will return to their screens. The critically-acclaimed last series saw the appointment of ice cold Ros Myers (Hermione Norris) to Head of Section D and the release of Lucas North (Richard Armitage) after eight years in a Russian prison. Harry Pearce's (Peter Firth) elite team of spies were forced to quickly adapt to their new dynamic following the death of Adam Carter, but there was no time to mourn their colleague as the Russians descended on London and a mole within Section D was discovered. In the explosive finale of the series, old school spy Connie James was exposed as the Russian's insider and, in a race to save London from a nuclear explosion, she paid the ultimate price for betrayal, sacrificing herself to save Ros and Lucas. Although London was saved from disaster, it's not over for Section D as Harry is missing in action following a meeting with the Russian intelligence services, the FSB, and was last seen being bundled into the boot of a car...

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Leyla is distraught after the events of last night, and although she decides to brave work, she finds it difficult to ignore Nathan's continued jibes. Later she breaks down and confesses about stealing from the petty cash to a shocked Doug, who prompts her to come clean with David. Laurel is grateful to Sally for her help around the house, but is frustrated when she ruins her plans for an intimate dinner with Ashley, and Cain is unconvinced by Charity's sincerity and decides to test her by leaving his wallet unattended. (T)
7.30 UEFA Champions League Live. Lyon v Liverpool (Kick-off 7.45pm). Steve Rider presents all the action from the Group E clash at the Stade Gerland, where the Reds are in desperate need of three points. (T)
10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 UEFA Champions League. Jim Rosenthal is joined by Gabriele Marcotti and Robbie Earle to present highlights of this evening's matchday four fixtures, including Arsenal v AZ Alkmaar at the Emirates Stadium, Lyon v Liverpool at the Stade Gerland and Unirea Urziceni v Rangers at the Stadionul Tineretului. Commentary by Clive Tyldesley and Peter Drury. (T)
12.00 Nightwatch with Steve Scott: Action Stations. (R) (T) 12.50 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 1.45 Loose Women. (R) 2.30 The Jeremy Kyle Show. (R) (T) 3.25 I'm Paid More Than the PM: Tonight. (R) 3.50 ITV Nightscreen.

BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Mama Mirabelle's Home Movies. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Outback 8. (R) (T) 8.00 Dani's House. (R) (T) 8.30 CBeebies: Tommy Zoom. (R) (T) 8.40 Pinky Dinky Doo. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Charlie and Lola. (R) (T) 10.20 Yoko! Jakamoko! Toto! (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Pingu. (R) 11.05 The Flintstones. (R) (T) 11.30 Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Open House. (R) (T) 2.30 Animal Park: Wild in Africa. (R) (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flog It! (T) 4.30 Are You an Egghead? (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Coast. Examining the shores of Britain. (R) (T) 8.00 Natural World. The wildlife that inhabits the Zambezi River. (T) 8.50 Badlands Raging Bulls. Male bison fight for the right to mate. (R) (T) 9.00 Andrew Marr's the Making of Modern Britain. The journalist continues his examination of Edwardian Britain, focusing on the tensions caused by the suffragettes, the liberation of Ireland and the beginning of World War One. (T) 10.00 Never Mind the Buzzcocks. With Harry Shearer, Little Boots, Jamelia and Tom Basden. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Alan Whicker's Journey of a Lifetime. (R) (T) 12.20 An Island Parish. (R) (T) 12.50 BBC News. (T) 4.20 Close.

C4

6.00 The Treacle People. (R) (T) 6.10 Sali Mali. (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Frasier. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Advertising Uncut; (R) (T) I've Got This Friend. (R) (T) 10.00 Tricky Business Two; (R) (T) 3 Minute Wonder. (R) (T) 10.30 Vocation, Vocation, Vocation; (R) (T) 3 Minute Wonder. (R) (T) 11.00 Take Away My Takeaway; (R) (T) 3 Minute Wonder. (R) (T) 11.30 Self Portrait UK. (R) (T) 11.35 Parents & Teens: Welcome to My World. (R) (T) 12.00 News at Noon. (T) 12.30 3 Minute Wonder: FameLab. (T) 12.35 Supporting Acts. (R) (T) 12.45 FILM: The Mouse on the Moon (1963). Satirical comedy sequel, starring Margaret Rutherford. (T) 2.20 The Last Voices of World War One. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 The Political Slot. (T) 8.00 Ruth Watson's Hotel Rescue. Renovating a Victorian hotel in Clacton-on-Sea, Essex. Last in the series. (T) 9.00 The Family. New series. Documentary series following life in a British Indian household. (T) 10.00 True Blood. Sookie tells Bill she has decided to stop seeing him and accepts her boss Sam's invitation to go on a date, while Jason continues to get vampire blood from Lafayette. (T) 11.15 Generation Kill. (T) 12.40 4Music: Snowbombing 2009. (R) (T) 1.10 4Music: The World's Greatest Pop Star: Beyonce. (R) (T) 2.15 4Music: This Week's 4Music Top 20. 4.10 3 Minute Wonder: This Is Our Youth. (R) (T) 4.15 One Minute Past Midnight. (R) 4.30 St Elsewhere. (R) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Fireman Sam. (R) (T) 6.10 Pocoyo. (R) (T) 6.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.30 Chiro. (R) (T) 6.35 The Beeps. (R) (T) 6.50 Animal Families. (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.15 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (T) 8.30 Thomas & Friends. (R) (T) 8.40 The WotWots. (T) 8.50 Hana's Helpline. (R) (T) 9.05 Family! (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Diet Doctors: Inside and Out. (R) (T) 12.40 Five News. (T) 12.50 Floyd Around the Med. (R) (T) 1.15 Cooking the Books. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Property List: Top Spots. (R) (T) 3.00 Zoo Days. (R) (T) 3.10 FILM: Mystery Woman: Snapshot (2005). Whodunit, starring Kellie Martin. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Highland Emergency. The Lossiemouth team rescues an injured walker; (R) (T) 7.30 Five News Update. (T) 8.00 Britain's Best Brain. Game show presented by Zoe Ball and Jamie Theakston; (T) 8.00 Five News at 9. 9.00 FILM: Maid in Manhattan (2002). A case of mistaken identity leads to romance between a hotel maid and a wealthy politician. Romantic comedy, starring Jennifer Lopez and Ralph Fiennes. Including Five News Update. (T) 11.10 Simon Cowell: Where Did It All Go Right? (R) (T) 12.10 Poker. (T) 1.35 SuperCasino. 3.00 Summer X Games. 3.50 V8 Supercars. 4.35 IndyCar Series. (R) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

(R) - repeat programme;
(T) - programme w/ tele text subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 Linha da Frente 2130 Contra Informação 2200 Jogo Duplo 2300 Football Highlights 0045 Terminator: The Sarah Connor Chronicles, series 0200 Amor e Intrigas 0415 Telesales 0605 Nós
RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Biosfera 2000 Zig Zag 2045 Gary Unmarried, series 2115 National Geographic 2200 News 2240 Chuck, series 2330 The Road to China 0030 Noites da Dois 0130 Universidades 0200 Biosfera 0245 Bastidores 0315 Euronews 0500 Sociedade Civil
SIC
0600 Sic Notícias 0700 Edição da Manhã 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nós Por Cá 2000 News 2130 M/F: Sarilhos em Casa 2300 Viver a Vida 0030 CSI: Miami, series 0130 NCIS, series 0230 Quando o Telefone Toca
TVI
0700 Diário da Manha 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2115 Deixa Que Te Leve 2215 Meu Amor 2300 Sentimentos 2345 Flor do Mar 0030 Perfume: The Story of a Murder, film 0230 Sempre a Somar 0400 NCIS, series 0530 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Don't Tell the Bride 9.00 the noughties - was that it? 11.30 Family Guy 11.50 Family Guy 12.15 Spooks 1.15 the noughties - was that it? 3.45 Don't Tell the Bride 4.45 Russell Howard's Good News 5.15 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Timeshift - The Last Days of the Liners 8.30 Art Deco Icons 9.00 Culture Fix 10.00 Flight of the Conchords 10.25 It's Only a Theory 10.55 Wallander 12.20 Blues Britannia - Can Blue Men Sing the Whites? 1.50 Art Deco Icons 2.20 Culture Fix 3.20 Art Deco Icons 3.50 Close
ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Harry Hill's TV Burp 7.30 New You've Been Framed! 8.00 Gossip Girl 9.00 Trinity 10.00 Film: What Women Want 12 (2000) 12.40 Hell's Kitchen USA 1.40 Emmerdale 2.10 Teleshopping 2.40 Hey Paula! 3.05 Teleshopping 5.35 ITV2 Nightscreen
Sky1
1.00 Project Runway 2.00 Bones 3.00 Cold Case 4.00 Malcolm in the Middle 4.30 Futurama 5.00 Futurama 5.30 Oops TV 6.30 The Simpsons 7.00 Michael Jackson's Private Home Movies 7.30 The Simpsons 8.00 Project Runway 9.00 NCIS: Los Angeles 10.00 NCIS: Los Angeles 11.00 Law & Order 12.00 UK Border Force 1.00 Bones 1.50 Lovespring International 2.15 Lovespring International 2.40 Road Wars 3.30 Road Wars 4.20 Don't Forget the Lyrics 5.10 Kim's Rude Awakening 5.35 Kim's Rude Awakening
GOLD
1.20 Last of the Summer Wine 2.00 The Good Life 2.40 Yes, Prime Minister 3.20 Whatever Happened to the Likely Lads? 4.00 One Foot in the Grave 4.40 As Time Goes By 5.20 Only Fools and Horses 6.00 Only Fools and Horses 7.05 Last of the Summer Wine 7.45 The Good Life 8.20 Yes, Prime Minister 9.00 Only Fools and Horses 9.40 Only Fools and Horses 10.45 Absolutely Fabulous 11.25 Two Pints of Lager and a Packet of Crisps 12.00 The Omid Djalili Show 12.40 Crapston Villas 1.00 Absolutely Fabulous 1.40 Two Pints of Lager and a Packet of Crisps 2.20 The Omid Djalili Show 2.50 Close Up 3.00 Close
TCM
3.00 The Big Country PG (1958) 6.20 The FBI Story PG (1959) 9.00 Soapdish 15 (1991) 11.00 Heart of Darkness 15 (1993) 1.00 Soapdish 15 (1991) 3.00 Teleshopping 5.00 A Day at the Races U (1937)
The Disney Channel
Kids' programmes from 7am

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The Portugal News Established 1977

MOVIES

Sky Movies Drama

6.00 Alex Zane's Guest List 6.30 And Justice for All 18 (1979) 8.35 Pictures of Hollis Woods PG (2007) 10.15 One True Thing 15 (1998) 12.25 Ride with the Devil 15 (1999) With Tobey Maguire. 2.45 Schindler's List 15 (1993) With Liam Neeson. 6.00 Arlington Road 15 (1999) With Jeff Bridges. 8.00 Brideshead Revisited 12 (2008) With Matthew Goode. 10.15 Intersection 15 (1994) With Richard Gere. 12.00 Sweeney Todd: The Demon Barber of Fleet Street 18 (2008) With Johnny Depp. 2.00 The Other Boleyn Girl 12 (2008) With Natalie Portman. 4.00 The Top 10 Show 4.20 Sam Churchill: Search for a Homeless Man PG (1998)

Sky Movies Comedy

6.00 35MM 6.30 Deck the Halls PG (2006) 8.15 I Now Pronounce You Chuck & Larry 12 (2007) 10.15 Enchanted PG (2007) 12.15 Fool's Gold 12 (2008) With Matthew McConaughey. 2.15 American Pie 2 15 (2001) With Jason Biggs. 4.15 Enchanted PG (2007) With Amy Adams. 6.15 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 8.00 Fool's Gold 12 (2008) With Matthew McConaughey. 10.00 American Pie 2 15 (2001) With Jason Biggs. 11.50 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 1.50 Clubland 15 (2007) With Brenda Blethyn. 3.40 The Jerk Theory PG (2009) 5.30 The Grinch PG (2000)

Sky Movies Action/Thriller

6.50 The Return of the Musketeers PG (1989) 8.35 Plunkett & Macleane 15 (1999) 10.30 The Mummy 12 (1999) 12.40 Vantage Point 12 (2008) With Dennis Quaid. 2.25 Plunkett & Macleane 15 (1999) With Robert Carlyle. 4.15 Rush Hour 3 12 (2007) With Jackie Chan. 5.50 The Mummy 12 (1999) With Brendan Fraser. 8.00 Vantage Point 12 (2008) With Dennis Quaid. 9.40 The Top 10 Show 10.00 Knock Off 18 (1998) With Jean-Claude Van Damme. 11.35 Rush Hour 3 12 (2007) With Jackie Chan. 1.10 Mulholland Falls 18 (1995) With Nick Nolte. 3.00 Mortal Thoughts 18 (1991) With Demi Moore. 4.50 The Return of the Musketeers PG (1989)

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SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 UEFA Champions League Goals 10.00 Revista De La Liga 11.00 Football Asia 11.30 A-League 12.00 UEFA Champions League Goals 1.00 Revista De La Liga 2.00 Football Asia 2.30 A-League 3.00 UEFA Champions League Goals 4.00 A-League 4.30 FIFA Futbol Mundial 5.00 European Challenge Tour Golf 6.00 Total Rugby 6.30 European Tour Weekly 7.00 Haye v Valuev Countdown 7.30 Soccer Special 10.00 Haye v Valuev Countdown 10.30 Football Special 11.30 FIFA Futbol Mundial 12.00 Haye v Valuev Countdown 12.30 UEFA Champions League Goals 1.30 Football Special 2.30 UEFA Champions League Goals 3.30 Haye v Valuev Countdown 4.00 Live European Tour Golf. HSBC Champions.

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 WWE Vintage Collection 8.00 A-League 8.30 HSBC Champions Golf: Preview 9.00 Australasian Supercross Championship 10.00 Poker Million 12.00 Australasian Supercross Championship: Preview 1.00 European Challenge Tour Golf 2.00 Sports Unlimited 3.00 Poker Million 5.00 Live UEFA Champions League. Rubin Kazan v Barcelona (Kick-off 5.30pm). 7.30 Live UEFA Champions League. Arsenal v AZ Alkmaar (Kick-off 7.45pm). 10.00 UEFA Champions League Goals 11.00 Haye v Valuev Countdown 11.30 Total Rugby 12.00 European Tour Weekly 12.30 Transworld Sport 1.30 Haye v Valuev Countdown 2.00 Poker Million 4.00 Close

Sky Sports 3

8.00 Mountain Biking 9.00 Pool 10.00 European Challenge Tour Golf 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Sports Unlimited 1.00 Pool 2.00 Powder Adventures 2.30 Aerobics Oz Style 3.00 Mountain Biking 4.00 Australasian Supercross Championship: Preview 5.00 WWE: Bottom Line 6.00 WWE: Afterburn 7.00 Summer Speed Motorsport 8.00 Ten Pin Bowling 9.00 Haye v Valuev Countdown 9.30 European Tour Weekly 10.00 Transworld Sport 11.00 Ten Pin Bowling 12.00 Summer Speed Motorsport 1.00 Asian Tour Weekly 1.30 FIFA Futbol Mundial 2.00 Ten Pin Bowling 3.00 European Tour Weekly 3.30 Close

British Eurosport

7.30 Freeride Spirit Show 7.45 Under-17s World Cup Football 8.45 Under-17s World Cup Football 9.45 Under-17s World Cup Football 11.00 Race of Champions 12.00 Race of Champions 3.00 Live Under-17s World Cup Football. A second-round match (Kick-off 3.00pm). 5.00 Under-17s World Cup Football 5.50 Eurogoals Flash 6.00 Live Under-17s World Cup Football. A second-round match (Kick-off 6.00pm). 8.05 Wednesday Selection 8.15 Show Jumping 9.15 Riders Club 9.20 European Tour Golf 9.50 Golf Club 9.55 Sailing 10.25 Yacht Club 10.30 Wednesday Selection 11.00 Olympic Magazine 11.30 Race of Champions 12.30 Close

Sky Sports Xtra

4.00 Powder Adventures 4.30 Aerobics Oz Style 5.00 Watersports World 6.00 Asian Tour Weekly 6.30 Canter Banter 7.00 World Match Tour Sailing 7.30 Live UEFA Champions League. Unirea Urziceni v Rangers (Kick-off 7.45pm). 10.00 Watersports World 11.00 Powder Adventures 11.30 World Match Tour Sailing 12.00 Max Power 1.00 Canter Banter 1.30 World Match Tour Sailing 2.00 Watersports World 3.00 Canter Banter 3.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Build or Not to Build. (T) 11.30 Car Booty; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: Uncle Max. (R) (T) 3.35 Eliot Kid. (R) (T) 3.50 OOglies. (R) (T) 4.05 Raven. (T) 4.35 The Sarah Jane Adventures. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off the team. Anne Robinson presents. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Adrian Chiles and Christine Bleakley present the live show, with their team of roving reporters uncovering topical stories across the UK. (T)
7.30 EastEnders. As the Square's bonfire celebrations begin, Janine has second thoughts about burning down the Vic, so Archie takes matters into his own hands. Elsewhere, Ian's hostility toward Jane sends her into the arms of Masood, Syed confronts Lucy about the blackmail, and Denise warns a persistent Owen to stay away from her; (T) BBC News; Regional News. (T)
8.00 Watchdog. Investigation show that exposes poor business practices and campaigns on behalf of the public. Matt Allwright catches out more Rogue Traders, while Anne Robinson and Anita Rani test a guest reporter's knowledge of consumers' rights. Last in the series. (T)
9.00 New Tricks. Brian falls under the spell of a rustic community as he and the team investigate a student's death. A self-sufficient collective presided over by a benevolent matriarch, it seems to offer the perfect refuge from his constant craving to start drinking again - until the discovery of a second body leads him to reconsider its apparently idyllic way of life. With guest stars Sylvia Syms and Lorcan Cranitch. (R) (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Question Time. (T)
11.35 This Week; (T) Holiday Weatherview. (T)
12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: Life. (R) (T) 1.55 Sign Zone: Countryfile. (R) (T) 2.55 Sign Zone: MasterChef: The Professionals. (R) (T) 4.25 BBC News. (T)

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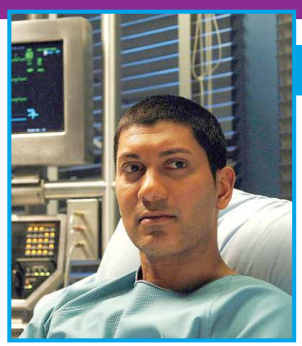

Pick of the Day

Defying Gravity, BBC2, 9pm
The space-based soap opera starring Ron Livingston (Band of Brothers, Sex and the City) has received mixed reviews from the start. A major gripe has been that the crew of the Venus-bound Antares look like they should be wearing Gap's latest line rather than spacesuits and that for a big budget US drama, some of the special effects are sometimes slightly Doctor Who like. However, one thing that Defying Gravity does have going for it is the fact that there is nothing else like it on the box at present. Recent outings into sci-fi fantasy have either been tongue in cheek or fixated with ordinary people possessing super-powers. Outer space, it seems, has been pushed off our screens which is why Defying Gravity, for all of its faults, is ultimately a welcome addition to the schedules. This week, the effects of the unseen force that is wreaking havoc for the crew take a turn for the worse as the Antares' systems inexplicably shut down causing the temperature to plummet and leaving the crew floating helplessly in their quarters. Meanwhile, the psychological traumas continue as Dr Mintz and Donner are haunted by visions from their tortured pasts.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls.
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Charity takes the next step in her plan to ensnare Cain, and Sally seeks revenge at the bonfire party after realising she has failed to dent Laurel and Ashley's relationship. (T)
7.30 Countrywise. Paul Heiney meets a farmer who breeds alpacas on the slopes of Glastonbury Tor in Somerset, and tries his hand at dowsing - looking for the magical lines of energy that some people believe run from the hill. Plus, a report on a Fenland farmer-turned-poet and a demonstration of Victorian carpentry skills. (T)
8.00 Emmerdale. Sally takes the opportunity to save Laurel from being seriously injured at the bonfire party, and Charity continues to lead Cain on before leaving him frustrated. (T)
8.30 Coronation Street. After confronting Tony about his confession, Roy tells Hayley he believes the businessman did murder Liam. Joe finishes work on the boat and George takes wife Eve to meet Peter. (T)
9.00 The Bill. Leon responds to a call from a distraught mother whose 18-month-old child has sustained serious head injuries. She claims the toddler fell from her highchair, but suspicion mounts that the mother's partner may have contravened his restraining order to visit the family. Tony Stamp spends his last shift with Sun Hill comforting the woman, and is shocked when he has to arrest her for harming her own daughter. (T)
10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 Piers Morgan's Life Stories: Dannii Minogue. The X Factor judge talks about being a mentor on one of Britain's most popular TV shows, discusses her love life and reveals how she helped Kylie battle cancer. (R) (T)
11.35 October Road. New series. Drama, starring Bryan Greenberg as a writer who returns to his home town after hurting his loved ones by exposing their secrets in a best-selling novel. (T)
12.30 Motorsport UK. (T) 1.15 The Cosby Mysteries; (R) (T) ITV News Headlines. 2.10 Loose Women. (R) 2.55 ITV Nightscreen.

BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Mama Mirabelle's Home Movies. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Martha Speaks. (R) (T) 7.10 Martha Speaks. (R) (T) 7.25 Newsround. (T) 7.30 ROY. (R) (T) 8.00 Dani's House. (R) (T) 8.30 CBeebies: Tommy Zoom. (R) (T) 8.40 Pinky Dinky Doo. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Charlie and Lola. (R) (T) 10.20 Yoko! Jakamoko! Toto! (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Pingu. (R) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 All Saints. (T) 1.45 Open House. (R) (T) 2.15 Crisis Claims and Cons. (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flog It! (T) 4.30 Are You an Egghead? (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 The Culture Show. From the Ashmolean Museum of Art and Archaeology in Oxford. (T) 8.00 The Restaurant. The seven couples run three leading chain restaurants. (T) **9.00 Defying Gravity.** The crew of the Antares faces a major crisis when an operating failure plunges the ship into chaos, and Jen discovers Mintz having a horrifying flashback. (T) 9.45 Wonderland: I Won University Challenge. Winners of the quiz show tell their stories. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Dragons' Den: Outside the Den. (R) (T) 12.20 BBC News. (T) 4.20 Close.

C4

6.00 The Treacle People. (R) (T) 6.10 Sali Mali. (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Frasier. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Advertising Uncut; (R) (T) National Gallery. (R) (T) 10.00 Tricky Business; (R) (T) National Gallery. (R) (T) 10.30 Vocation, Vocation, Vocation; (R) (T) National Gallery. (R) (T) 11.00 Take Away My Takeaway; (R) (T) National Gallery. (R) (T) 11.30 Self Portrait UK. (R) (T) 11.35 Parents & Teens: Welcome to My World. (R) (T) 12.00 News at Noon. (T) 12.30 3 Minute Wonder: FameLab. (T) 12.35 3 Minute Wonder: This Is Our Youth. (R) (T) 12.40 FILM: Sailor of the King (1953). World War Two adventure, with Jeffrey Hunter. (T) (bw) 2.20 The Last Voices of World War One. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 The Political Slot. (T) 8.00 Location, Location, Location. Kirstie Allsopp helps to find a home in south-west London for a fireman with a budget of #180,000, and Phil Spencer looks for a property suitable for a family with twins. (R) (T) 9.00 The Schoolboy Who Sailed the World. Cutting Edge follows 16-year-old Michael Perham as he battles wild seas, failing equipment and loneliness in his bid to become the youngest person to sail solo around the world. (T) 10.40 Without a Trace. (T) 11.35 Coming Up: Harvest. (T) (bw) 12.05 4Music Favourites: Calvin Harris. (T) 12.40 The World's Greatest Pop Star: Eminem. (R) (T) 1.45 Teachers. (R) (T) 2.40 Studio 60 on the Sunset Strip. (R) (T) 3.20 Invasion. (R) 4.05 St Elsewhere. (R) 4.50 Unreported World. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Fireman Sam. (R) (T) 6.10 Pocoyo. (R) (T) 6.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.30 Chiro. (R) (T) 6.35 The Beeps. (R) (T) 6.50 Animal Families. (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.15 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (T) 8.30 Thomas & Friends. (R) (T) 8.40 The WotWots. (T) 8.50 Hana's Helpline. (R) (T) 9.05 Family! (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Colin and Justin's How Not to Decorate. (R) (T) 12.40 Five News. (T) 12.50 Floyd Around the Med. (R) (T) 1.15 Cooking the Books. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Zoo Days. (R) (T) 3.05 FILM: Cries in the Dark (2006). Premiere. Thriller, starring Eva LaRue Callahan. (T) 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 Live UEFA Europa League Football. Everton v Benfica (Kick-off 8.05pm). Coverage of this evening's Group I encounter at Goodison Park. With commentary by Dave Woods. (T) 10.25 FILM: Slow Burn (2005). Premiere. An ambitious district attorney is drawn into corruption when his assistant is accused of murder. Thriller, starring Ray Liotta and LL Cool J. (T) 12.10 SuperCasino. 4.00 NFL Replay. (R) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 Grande Entrevista 2140 Um Lugar Para Viver 2230 Jogo Duplo 2330 Corredor do Poder 0030 Quarto Crescente 0130 Terminator: The Sarah Connor Chronicles, series 0215 Amor e Intrigas 0400 Telesales 0605 Nós

RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 Iniciativa 2000 Zig Zag 2045 Gary Unmarried, series 2115 National Geographic 2200 News 2240 Supernatural, series 2330 The Berlin Wall 0115 Iniciativa 0200 Euronews 0500 Sociedade Civil

SIC
0600 Sic Notícias 0700 Edição da Manhã 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nós Por Cá 2000 News 2130 M/F: Sarilhos em Casa 2300 Viver a Vida 0045 CSI: Miami, series 0145 Cartaz Cultural 0230 Quando o Telefone Toca

TVI
0700 Diário da Manha 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2115 Deixa Que Te Leve 2215 Meu Amor 2300 Sentimentos 2345 Flor do Mar 0045 Castle, series 0200 Cartaz das Artes 0230 Sempre a Somar 0400 NCIS, series 0530 Telesales

Best of the Rest

BBC3
7.00 Doctor Who 7.45 Doctor Who Confidential 8.00 Bizarre ER 8.30 Bizarre Animal ER 9.00 The World's Strictest Parents 10.00 EastEnders 10.30 Russell Howard's Good News 11.00 Family Guy 11.20 Family Guy 11.45 The World's Strictest Parents 12.45 Russell Howard's Good News 1.15 Britain's Really Disgusting Foods 2.15 Don't Tell the Bride 3.15 Bizarre ER 3.45 Bizarre Animal ER 4.15 Britain's Really Disgusting Foods 5.15 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Art Deco Icons 8.00 Glamour's Golden Age 9.00 A History of Christianity 10.00 Filth: The Mary Whitehouse Story 11.30 The Thick of It 12.00 The Armstrong & Miller Show 12.30 A History of Christianity 1.30 The Sky at Night 2.00 Glamour's Golden Age 3.00 A History of Christianity 4.00 Close

ITV2
1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Judge Judy 6.45 Beat the Star 8.00 Paris Hilton's Best American Friend Forever 9.00 Peter Andre: The Next Chapter 10.00 Fearne and - Alesha Dixon 11.00 Coronation Street 11.30 Harry Hill's TV Burp 12.00 Film: Shaun of the Dead 15 (2004) 2.05 Emmerdale 2.30 Emmerdale 2.55 Teleshopping 3.25 The Montel Williams Show 4.00 Teleshopping

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Sky1
1.00 Project Runway 2.00 Bones 3.00 Cold Case 4.00 Malcolm in the Middle 4.30 Futurama 5.00 Futurama 5.30 Oops TV 6.30 The Simpsons 7.00 Michael Jackson's Private Home Movies 7.30 The Simpsons 8.00 Modern Family 8.30 Modern Family 9.00 Bones 10.00 Lie to Me 11.00 NCIS: Los Angeles 12.00 NCIS: Los Angeles 1.00 Road Wars 1.50 Inside: America's Toughest Jail 2.40 Road Wars 3.30 Bones 4.20 Don't Forget the Lyrics 5.10 Kim's Rude Awakening 5.35 Kim's Rude Awakening

GOLD
1.20 Last of the Summer Wine 2.00 The Good Life 2.40 Yes, Prime Minister 3.20 Whatever Happened to the Likely Lads? 4.00 One Foot in the Grave 4.40 As Time Goes By 5.20 Only Fools and Horses 6.00 Only Fools and Horses 7.00 Last of the Summer Wine 7.40 The Good Life 8.20 Yes, Prime Minister 9.00 Only Fools and Horses 9.40 Only Fools and Horses 10.45 Absolutely Fabulous 11.25 Smack the Pony 12.00 Smack the Pony 12.35 Absolutely Fabulous 1.15 Smack the Pony 1.50 Smack the Pony 2.15 A Bit of Fry and Laurie 2.50 Close Up 3.00 Close

TCM
1.00 This Woman Is Dangerous PG (1952) 3.00 Band of Angels PG (1957) 5.25 Cavalry Scout U (1951) 6.55 Mrs Soffel PG (1984) 9.00 Fearless 15 (1993) 11.20 City Heat 15 (1984) 1.20 You're a Big Boy Now 15 (1967) 3.00 Teleshopping 5.00 This Woman Is Dangerous PG (1952)

The Disney Channel
Kids' programmes from 7am, except: 6.30 Film: The Cheetah Girls: One World PG (2008) Comedy sequel, starring Adrienne Bailon.

MOVIES

Sky Movies Drama

6.00 On Broadway 12 (2007) 7.50 The Capture of the Green River Killer 9.30 35MM 10.00 The Russell Girl 12 (2008) 11.45 Beaches 15 (1988) With Bette Midler. 2.00 A-Z Of Indie 2.20 The Sixth Sense 15 (1999) With Bruce Willis. 4.15 Daylight Robbery 15 (2007) With Geoff Bell. 6.00 The American President 15 (1995) With Michael Douglas. 8.00 PS I Love You 12 (2007) With Hilary Swank. 10.10 Get Real 15 (1999) With Ben Silverstone. 12.05 American History X 18 (1998) With Edward Norton. 2.15 What's Love Got to Do with It 18 (1993) With Angela Bassett. 4.15 One Special Night PG (1999)

Sky Movies Comedy

7.20 King Ralph PG (1991) 9.00 35MM 9.30 The Comebacks 15 (2007) 11.25 Balls of Fury 12 (2007) With Dan Fogler. 1.00 The Game Plan U (2007) With Dwayne Johnson. 3.00 Bulletproof 18 (1996) With Adam Sandler. 4.30 Alex Zane's Guest List 5.00 Reno 911!: Miami 15 (2007) With Carlos Alazraqui. 6.25 Balls of Fury 12 (2007) With Dan Fogler. 8.00 The Game Plan U (2007) With Dwayne Johnson. 10.00 Bulletproof 18 (1996) With Adam Sandler. 11.30 Deuce Bigalow: Male Gigolo 15 (1999) With Rob Schneider. 1.05 The Comebacks 15 (2007) With David Koechner. 2.55 Mama's Boy 12 (2007) With Jon Heder. 4.35 King Ralph PG (1991)

Sky Movies Action/Thriller

6.35 Volcano: Fire on the Mountain PG (1997) 8.10 Sky Kids 12 (2008) 10.05 Gone in 60 Seconds 15 (2000) 12.05 I Am Legend 15 (2007) With Will Smith. 2.00 The Hand That Rocks the Cradle 15 (1992) With Rebecca De Mornay. 4.00 Gone in 60 Seconds 15 (2000) With Nicolas Cage. 6.00 The Kingdom 15 (2007) With Jamie Foxx. 8.00 I Am Legend 15 (2007) With Will Smith. 10.00 The Glimmer Man 18 (1996) With Steven Seagal. 11.35 The Kingdom 15 (2007) With Jamie Foxx. 1.30 The Corruptor 18 (1999) With Chow Yun-Fat. 3.30 The Hand That Rocks the Cradle 15 (1992) 5.30 Volcano: Fire on the Mountain PG (1997)

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SPORT

Sky Sports 1

6.00 Live European Tour Golf. The HSBC Champions. 8.00 FIFA Futbol Mundial 8.30 Haye v Valuev Countdown 8.55 Live International Cricket. India v Australia. 5.30 FIFA Futbol Mundial 6.00 The Rugby Club 7.00 Haye v Valuev Countdown 7.30 Live Victory Shield Football. England v Northern Ireland (Kick-off 7.40pm). 9.30 Haye v Valuev Countdown 10.00 Time of Our Lives 11.00 Haye v Valuev Countdown 11.30 The Rugby Club 12.30 Haye v Valuev Countdown 1.00 Premier League World 1.30 Time of Our Lives 2.30 Haye v Valuev Countdown 3.00 The Rugby Club 4.00 Live European Tour Golf. The HSBC Champions.

Sky Sports 2

6.00 Good Morning Sports Fans 9.00 UEFA Champions League Goals 10.00 Football Special 11.00 Haye v Valuev Countdown 11.30 UEFA Champions League Goals 12.30 Haye v Valuev Countdown 1.00 Football Special 2.00 European Tour Golf 6.00 Powder Adventures 6.30 The Dogs 7.00 Premier League World 7.30 Live Premier League Snooker. Round eight from the Riverside Leisure Centre in Exeter. 11.00 Premier League World 11.30 ATP Tour Uncovered 12.00 International Cricket 2.00 Golf Night 4.00 Premier League World 4.30 Close

Sky Sports 3

6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 WWE: Experience 8.00 Ten Pin Bowling 9.00 Summer Speed Motorsport 10.00 Total Rugby 10.30 ATP Tour Uncovered 11.00 Live ATP Tennis. The Valencia Open 500. 3.00 ATP Tour Uncovered 3.30 UEFA Champions League Goals 4.30 Haye v Valuev Countdown 5.00 Live ATP Tennis. The Valencia Open 500. 9.00 Golf Night 11.00 WWE: Late Night - Raw 1.00 Extreme Championship Wrestling 2.00 Victory Shield Football 4.00 ATP Tour Uncovered 4.30 The Dogs 5.00 Close

British Eurosport

7.35 Under-17s World Cup Football 8.30 Football 9.00 MotoGP 10.00 MotoGP 11.00 MotoGP 12.00 Race of Champions 1.30 Under-17s World Cup Football 3.00 Live Under-17s World Cup Football. A second-round match (Kick-off 3.00pm). 5.00 Under-17s World Cup Football 5.50 Eurogoals Flash 6.00 Live Under-17s World Cup Football. A second-round match (Kick-off 6.00pm). 8.00 Race of Champions 9.00 Race of Champions 10.00 MotoGP 11.30 Supercross 12.30 Close

Sky Sports Xtra

10.30 Canter Banter 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Watersports World 1.00 Summer Speed Motorsport 2.00 Canter Banter 2.30 Haye v Valuev Countdown 3.00 FIFA Futbol Mundial 3.30 Watersports World 4.30 ATP Tour Uncovered 5.00 WWE Vintage Collection 6.00 Handball 7.00 Race World 8.00 The Rugby Club 9.00 International Cricket 11.00 Powder Adventures 11.30 The Dogs 12.00 Race World 1.00 Premier League Snooker 4.30 Handball 5.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Build or Not to Build. (T) 11.30 Car Booty; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Mister Maker. (R) (T) 3.25 CBBC: Uncle Max. (R) (T) 3.35 Eliot Kid. (R) (T) 3.50 OOglies. (R) (T) 4.05 Keep Your Enemies Close. (T) 4.35 The Sarah Jane Adventures. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson hosts the general knowledge quiz in which contestants answer questions as a team, banking the jackpot money and eliminating the poorest players as they go. (R) (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The One Show. Live topical show in which reporters uncover the UK's most fascinating stories. Adrian Chiles and Christine Bleakley present; (T) BBC News; Regional News. (T)
8.00 EastEnders. Archie is forced to change his plan at the last minute when he realises Peggy is still in the Vic. He thinks he has covered his tracks, but her suspicions are aroused when she finds Billy's wallet. Meanwhile, Lucas stands up to Owen, and Jane tries to patch things up with Ian, but it could be too late. (T)
8.30 A Question of Sport. Heavyweight boxer David Haye, jockey Tony McCoy, Welsh rugby union international Adam Jones and world triple jump champion Phillips Idowu join team captains Matt Dawson and Phil Tufnell for another round of the quickfire quiz. Presented by Sue Barker. (T)
9.00 Have I Got News for You. Kirsty Young takes to the presenter's chair as guests Ross Noble and Robert Peston join team captains Ian Hislop and Paul Merton. (T)
9.30 The Armstrong & Miller Show. The RAF pilots try to escape from a PoW camp, a boxer's coach thinks of inventive ways to fill the time between rounds and a reasonable boss ruins an undercover operation. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Friday Night with Jonathan Ross. The presenter is joined by comedian and 8 Out of 10 Cats host Jimmy Carr, and current Wimbledon female singles champion Serena Williams. Also featured is an interview with singer Robbie Williams, who is due to release his new album Reality Killed the Video Star on November 9, and performs two tracks in the studio, plus, another three for red button viewers. (T)
11.35 The National Lottery EuroMillions Draw. Presented by Kelle Bryan. (T)
11.40 FILM: Venom (2005). Horror, starring Jonathan Jackson; (T) Weatherview. (T)
1.05 Sign Zone: Around the World in 80 Days. (R) (T) 2.05 Sign Zone: Lost Land of the Volcano. (R) (T) 3.05 BBC News. (T)

Pick of the Day

Comedy Showcase: Campus, CH4, 10pm
A fortnight ago we said goodbye to Mitchell and Webb's brilliant sitcom Peep Show. Many of us were distraught at the thought of being without a comedy programme to watch on Channel 4 on a Friday night. What would fill its place — shock, horror, we might even have to go to the pub instead! But seeing as staying in is the new going out (or so those with no friends tell us anyway), we'd rather not do that. Thankfully, we won't have to because Comedy Showcase is about to return with six new programmes featuring up-and-coming talent. The first series was broadcast in 2007 and led to commisions for The Kevin Bishop Show, Free Agents and Plus One. A particular highlight of the new run should be The Amazing Dermot, in which Flight of the Conchords star Rhys Darby plays an illusionist attempting to get his career back on track following an unfortunate incident. Sadly, we're a few weeks away from seeing that. Instead, the first edition is Campus, from Victoria Pile, who created both Smack The Pony and Green Wing. It's set in a university and focuses on the interaction between its staff — some of whom are academics, while the rest are just there to keep the institution ticking over. Andy Nyman, Joseph Millson and Sara Pascoe star.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Sally continues her vendetta against Laurel, spiking her drink in a bid to spend time alone with Ashley. Charity seizes an opportunity to reel Cain in even further by suggesting that money is the only thing keeping them from being together, and Pollard quizzes Leyla in an effort to discover why David is so downhearted. (T)
7.30 Coronation Street. As Tony is discharged from hospital, Hayley tries to dissuade Roy from calling the police and reporting him for murder. Tyrone senses something is amiss when he shares a drink with Jack. Meanwhile, Norris interviews Horace Steel and offers him the job in the Kabin, and Joe plans a surprise romantic evening for Gail. (T)
8.00 Could the Internet Make You Rich? Tonight. (T)
8.30 Coronation Street. A delighted Gail discovers she has cause to celebrate as she shares a meal and champagne with Joe on the boat. Norris clashes with Horace, and Jack confides in Tyrone that he is worried Connie wants more than companionship. Elsewhere, Ken is less than impressed by George's apparent charm. (T)
9.00 Benidorm. Donald's practical joker pal Wink causes a stir when he checks in, Martin begs Kate to take him back and the Oracle tells his mum Noreen he is leaving home. Madge and Mel decide to stay and pursue a new business in the resort, but need to get permission from the deputy mayor. Stuart McGugan and Keith Barron guest star. Last in the series. (T)
10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)
10.35 FILM: The Witches of Eastwick (1987). Fantasy comedy, starring Jack Nicholson. (T)
12.40 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 1.35 FILM: Double Bill (2003). Comedy, starring Peter Gallagher. (T) 3.05 ITV Nightscreen.

BBC2

6.00 CBeebies: Me Too! (R) (T) 6.20 Big Cook Little Cook. (R) (T) 6.40 Mama Mirabelle's Home Movies. (R) (T) 6.55 Pingu. (R) 7.00 CBBC: Martha Speaks. (R) (T) 7.10 Martha Speaks. (R) (T) 7.25 Newsround. (T) 7.30 ROY. (R) (T) 8.00 The Secret Show. (R) (T) 8.15 The Secret Show. (R) (T) 8.30 CBeebies: Tommy Zoom. (R) (T) 8.40 Pinky Dinky Doo. (R) (T) 9.00 Timmy Time. (R) (T) 9.10 Chuggington. (R) (T) 9.25 Numberjacks. (R) (T) 9.40 Tweenies. (R) (T) 10.00 Ethelbert the Tiger. (R) (T) 10.05 Charlie and Lola. (R) (T) 10.20 Yoko! Jakamoko! Toto! (R) (T) 10.30 In the Night Garden. (R) (T) 11.00 Pingu. (R) 11.10 The Flintstones. (R) (T) 11.35 The Flintstones. (R) (T) 12.00 Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 All Saints. (T) 1.45 Open House. (R) (T) 2.15 Crisis Claims and Cons. (T) 3.00 Diagnosis Murder. (R) (T) 3.45 Flog It! (T) 4.30 Are You an Egghead? (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Andrew Marr's the Making of Modern Britain. The journalist continues his examination of Edwardian Britain, focusing on the tensions caused by the suffragettes, the liberation of Ireland and the beginning of World War One. (R) (T) 8.00 Mastermind. Topics include Richard III and Edouard Manet. (T) 8.30 Autumnwatch 2009. Chris Packham and Kate Humble visit the Lake District. (T) 9.30 Autumnwatch Unsprung. Discussion and analysis of subjects from the main programme. (T) 10.00 Gardeners' World. A stylish family garden in Birmingham. (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 Later with Jools Holland. (R) (T) 12.40 Medium. (R) (T) 1.20 Medium. (R) (T) 2.00 FILM: The Sorcerers (1967). British horror, starring Boris Karloff. (T) (bw) 3.25 Close.

C4

6.00 The Treacle People. (R) (T) 6.10 Sali Mali. (T) 6.15 The Hoobs. (R) (T) 6.40 Planet Cook. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 7.55 Frasier. (R) (T) 8.25 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Advertising Uncut; (R) (T) National Gallery. (R) (T) 10.00 Tricky Business Two; (R) (T) National Gallery. (R) (T) 10.30 Vocation, Vocation, Vocation; (R) (T) National Gallery. (R) (T) 11.00 Take Away My Takeaway; (R) (T) National Gallery. (R) (T) 11.30 Self Portrait UK. (R) (T) 11.35 Parents & Teens: Welcome to My World. (R) (T) 12.00 News at Noon. (T) 12.30 Supporting Acts. (R) (T) 12.50 FILM: Invasion of the Body Snatchers (1956). Sci-fi thriller, starring Kevin McCarthy. (T) (bw) 2.20 The Last Voices of World War One. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Unreported World. Famine and violence in South Sudan. (T) 8.00 Jamie's American Road Trip. The chef learns how to hunt for alligators in Louisiana. (R) (T) 9.00 Peter Kay: Raider of the Pop Charts. The story behind Peter Kay's charity video (Is This the Way to) Amarillo. (R) (T) **10.00 Comedy Showcase: Campus.** New series. One-off specials showcasing established and up-and-coming comic talent, beginning with a programme exploring the lives of staff working at a fictitious university. (T) 10.40 The IT Crowd. (R) (T) 11.15 True Blood. (R) (T) 12.30 4Music: 4Music Favourites: Snow Patrol. (R) (T) 12.55 4Music: 4Play: Athlete. 1.15 Friends. (R) (T) 1.45 Friends. (R) (T) 2.20 FILM: Bamako (2006). Premiere. French satirical drama, starring Aissa Maiga. 4.20 Beach Volleyball. (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Fireman Sam. (R) (T) 6.10 Pocoyo. (R) (T) 6.15 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 6.30 Chiro. (R) (T) 6.35 The Beeps. (R) (T) 6.50 Animal Families. (T) 7.00 Peppa Pig. (R) (T) 7.05 Little Princess. (R) (T) 7.15 The Mr Men Show. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Noddy in Toyland. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (T) 8.30 Thomas & Friends. (R) (T) 8.40 The WotWots. (T) 8.50 Hana's Helpline. (R) (T) 9.05 Family! (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 How Not to Decorate. (R) (T) 12.40 Five News. (T) 12.50 Floyd Around the Med. (R) (T) 1.15 Cooking the Books. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Property List: Top Spots. (R) (T) 3.05 FILM: Ice Dreams (2009). Premiere. Drama, starring Jessica Cauffiel. (T) 5.00 Five News; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.25 Live from Studio Five. (T) 7.30 The What in the World? Quiz. Science-based panel show, hosted by Marcus Brigstocke; (T) 7.30 Five News Update. 8.00 Brighton Beach Patrol. The annual Birdman competition. Last in the series; (T) 8.00 Five News at 9. 9.00 NCIS. Tony's cover is blown as the hunt for La Grenouille intensifies, and his car is later destroyed in an explosion, leaving the rest of the team convinced that he is dead. (R) (T) 10.00 FlashForward. Olivia confronts Mark about his vision. (R) (T) 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 SuperCasino. 4.00 Great Ocean Adventures. (R) (T) 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1600 Portugal no Coração 1800 Portugal em Directo 1915 Preço Certo 2000 News 2100 Antes Pelo Contrário 2115 Pai à Força 2215 TBA 0000 Alien, film 0200 Terminator: The Sarah Connor Chronicles, series 0245 Amor e Intrigas 0345 Telesales 0545 Euronews
RTP2
0715 Zig Zag 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 A Alma e a Gente 2000 Zig Zag 2045 Gary Unmarried, series 2115 National Geographic 2200 News 2240 Mad Men, series 2330 Diga Lá Excelência 0030 Palcos 0330 Bastidores 0400 Euronews 0500 Sociedade Civil
SIC
0600 Sic Notícias 0700 Edição da Manhã 1000 Companhia das Manhãs 1300 News 1415 Mulheres Apaixonadas 1530 Vida Nova 1800 Paraíso 1900 Nós Por Cá 2000 News 2130 M/F: Sarilhos em Casa 2300 Viver a Vida 0030 CSI: Miami, series 0130 NCIS, series 0230 Quando o Telefone Toca
TVI
0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2115 Euromillions 2130 Deixa Que Te Leve 2230 Meu Amor 2315 Sentimentos 0000 Flor do Mar 0045 Congo, film 0230 Sempre a Somar 0400 NCIS, series 0530 Telesales

Best of the Rest

BBC3
7.00 Top Gear 8.00 Merlin 8.45 Merlin Secrets and Magic 9.00 Spooks 10.00 EastEnders 10.30 Don't Tell the Bride 11.35 Family Guy 11.50 Family Guy 12.15 Two Pints of Lager and a Packet of Crisps 12.45 Two Pints of Lager and a Packet of Crisps 1.15 Russell Howard's Good News 1.45 Don't Get Screwed 2.15 Don't Tell the Bride 3.15 Two Pints of Lager and a Packet of Crisps 3.45 Two Pints of Lager and a Packet of Crisps 4.15 Russell Howard's Good News 4.45 Don't Get Screwed 5.15 Close 5.25 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Toscanini - In His Own Words 8.30 Cambridge Folk Festival 2009 9.00 Fleetwood Mac - Don't Stop 10.00 Rock Family Trees 10.50 Eric Clapton and Steve Winwood Live at Madison Square Garden 11.50 Spiral 12.45 Peter Green: Man of the World 2.25 Fleetwood Mac - Don't Stop 3.25 Toscanini - In His Own Words 4.25 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Judge Judy 6.15 The X Factor 8.00 The X Factor 9.00 Film: The Island 12 (2005) 11.50 Peter Andre: The Next Chapter 12.50 Coronation Street 1.20 Coronation Street 1.50 Emmerdale 2.20 Ladette to Lady 3.10 Teleshopping 3.40 The Montel Williams Show 4.20 Teleshopping 5.50 ITV2 Nightscreen
Sky1
1.00 Project Runway 2.00 Bones 3.00 Cold Case 4.00 Malcolm in the Middle 4.30 Futurama 5.00 Futurama 5.30 Oops TV 6.30 The Simpsons 7.00 Michael Jackson's Private Home Movies 7.30 Michael Jackson's Private Home Movies 8.00 Michael Jackson's Private Home Movies 8.30 Michael Jackson's Private Home Movies 9.00 Michael Jackson: The Search for His Spirit 10.00 Michael Jackson: The Live Seance 11.00 Film: Beverly Hills Cop III 15 (1994) 1.05 Road Wars 2.00 Ross Kemp on Gangs 2.55 Lovespring International 3.20 Nothing But the Truth 4.10 Don't Forget the Lyrics 5.00 Bite Size Brainiac 5.10 Kim's Rude Awakening 5.35 Oops TV
GOLD
1.20 Last of the Summer Wine 2.00 The Good Life 2.40 Yes, Prime Minister 3.20 Whatever Happened to the Likely Lads? 4.00 One Foot in the Grave 4.40 As Time Goes By 5.20 Only Fools and Horses 6.00 Only Fools and Horses 7.05 Last of the Summer Wine 7.45 The Good Life 8.20 Yes, Prime Minister 9.00 The Royle Family 9.40 The Royle Family 10.20 Harry & Paul 11.00 Harry Enfield and Chums 11.40 The Royle Family 12.20 The Royle Family 1.00 A Bit of Fry and Laurie 1.40 Waiting for God 2.15 The Fall and Rise of Reginald Perrin 3.00 Close
TCM
3.00 Auntie Mame U (1958) 5.50 The Screening Room 6.20 The Boy Friend U (1971) 9.00 In Love and War PG (1996) 11.15 The Lost Boys 15 (1987) 1.05 In Love and War PG (1996) 3.00 Teleshopping 5.00 My Giant PG (1998)
The Disney Channel
Kids' programmes from 7am, except: 6.15 Film: Camp Rock PG (2008) Musical, starring Demi Lovato. 9.00 Film: Dadnapped PG (2009) Comedy adventure, starring Emily Osment.

MOVIES

Sky Movies Drama

6.00 Stolen Youth 12 (1996) 7.35 The Capture of the Green River Killer 9.10 The Last of the Mohicans 15 (1992) 11.10 Charlie Wilson's War 15 (2007) With Tom Hanks. 1.00 The Astronaut Farmer PG (2006) With Billy Bob Thornton. 2.50 December Boys 12 (2007) With Daniel Radcliffe. 4.45 Alex Zane's Guest List 5.15 Almost Famous 15 (2000) With Patrick Fugit. 8.00 The Hunting Party 15 (2007) With Richard Gere. 10.00 Gone Baby Gone 15 (2007) With Casey Affleck. 12.00 Mask 15 (1985) With Cher. 2.10 Body Shots 18 (1999) With Sean Patrick Flanery. 4.00 The Simple Life of Noah Dearborn PG (1999) 5.40 A-Z Of Indie

Sky Movies Comedy

6.15 Death Becomes Her PG (1992) 8.05 Welcome Home Roscoe Jenkins 12 (2008) 10.00 Alex Zane's Guest List 10.30 Surf's Up PG (2007) 12.00 Disaster Movie 12 (2008) With Matt Lanter. 1.30 Superhero Movie 12 (2008) With Drake Bell. 3.00 South Park: Bigger, Longer & Uncut 15 (1999) With Trey Parker. 4.30 Welcome Home Roscoe Jenkins 12 (2008) With Martin Lawrence. 6.30 Surf's Up PG (2007) With Jeff Bridges. 8.00 Disaster Movie 12 (2008) With Matt Lanter. 9.30 Superhero Movie 12 (2008) With Drake Bell. 11.00 The Hottie and the Nottie 12 (2008) With Paris Hilton. 12.35 South Park: Bigger, Longer & Uncut 15 (1999) With Trey Parker. 2.00 Hot Rod 12 (2007) With Andy Samberg. 3.35 Death Becomes Her PG (1992) 5.30 35MM

Sky Movies Action/Thriller

7.15 35MM 7.45 The Eiger Sanction 15 (1975) 10.10 The Invasion 15 (2007) 12.05 Chaos 15 (2005) With Jason Statham. 2.05 Havana PG (1990) With Robert Redford. 4.40 The Eiger Sanction 15 (1975) With Clint Eastwood. 7.00 Street Kings 15 (2008) With Keanu Reeves. 9.00 Chaos 15 (2005) With Jason Statham. 10.50 Sudden Death 18 (1995) With Jean-Claude Van Damme. 12.45 Street Kings 15 (2008) With Keanu Reeves. 2.45 Death Sentence 18 (2007) With Kevin Bacon. 4.45 In the Line of Duty: Smoke Jumpers PG (1996)

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SPORT

Sky Sports 1

6.00 Live European Tour Golf. The HSBC Champions. 8.00 Premier League World 8.30 Haye v Valuev Countdown 9.00 International Cricket 11.00 Victory Shield Football 1.00 European Tour Golf 5.00 FIFA Futbol Mundial 5.30 Premier League World 6.00 Football League Weekend 7.00 Haye v Valuev Countdown 7.30 Live Football League. Derby County v Coventry City (Kick-off 7.45pm). 10.00 Live Friday Fight Night. Souleymane M'baye v Paul McCloskey. 12.00 Football League 1.30 Football League Weekend 2.30 Premier League Preview 3.00 Live European Tour Golf. The HSBC Champions.

Sky Sports 2

6.00 Good Morning Sports Fans 9.00 The Rugby Club 10.00 Haye v Valuev Countdown 10.30 The Dogs 11.00 The Rugby Club 12.00 International Cricket 2.00 Haye v Valuev Countdown 2.30 Victory Shield Football 4.30 Haye v Valuev Countdown 5.00 NFL: Total Access 6.00 Tight Lines 7.00 Live Rugby Union. Leicester Tigers v South Africa (Kick-off 7.30pm). 9.30 Haye v Valuev Countdown 10.00 Premier League Preview 10.30 Football League Weekend 11.30 NFL: Total Access 12.30 Rugby Union 2.00 Friday Fight Night 4.00 Football League 5.30 World Sport

Sky Sports 3

6.00 Aerobics Oz Style 6.30 Powder Adventures 7.00 WWE: Raw 9.00 Transworld Sport 10.00 Handball 11.00 Live ATP Tennis. The Valencia Open 500 quarter-finals. 3.00 Transworld Sport 4.00 Powder Adventures 4.30 Aerobics Oz Style 5.00 Live ATP Tennis. The Valencia Open 500 quarter-finals. 9.00 Tight Lines 10.00 WWE: Late Night - Smackdown 12.00 WWE: Late Night - Bottom Line 1.00 Golf Night 3.00 Transworld Sport 4.00 Rugby Union 5.30 Powder Adventures

British Eurosport

7.30 Inside WTCC 8.00 Under-17s World Cup Football 9.30 Inside WTCC 9.55 MotoGP 11.40 Live MotoGP. The Valencia Grand Prix 125cc practice session. 12.45 Live MotoGP. The Valencia Grand Prix MotoGP practice session. 2.00 Live MotoGP. The Valencia Grand Prix 250cc practice session. 3.15 Under-17s World Cup Football 4.45 Under-17s World Cup Football 6.00 Eurogoals Weekend 6.15 MotoGP 8.15 Strongest Man 9.15 Timbersports World Championship 10.15 Drag Racing 11.15 Eurogoals Weekend 11.30 Freeride Spirit Show 11.45 Ten Pin Bowling 12.45 Close

Sky Sports Xtra

6.00 The Dogs 6.30 Handball 7.30 Premier League Snooker 11.00 Racing News 11.30 Aerobics Oz Style 12.00 Transworld Sport 1.00 Premier League World 1.30 Premier League Snooker 5.00 WWE: Raw 7.00 Premier League Preview 7.30 World Sport 8.00 Golf Night 10.00 International Rugby League 12.00 Elite League Ice Hockey 2.00 Tight Lines 3.00 International Rugby League 5.00 NFL: Total Access

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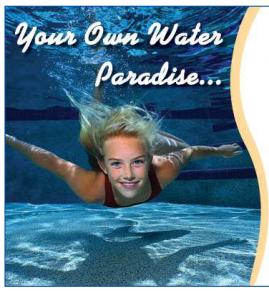

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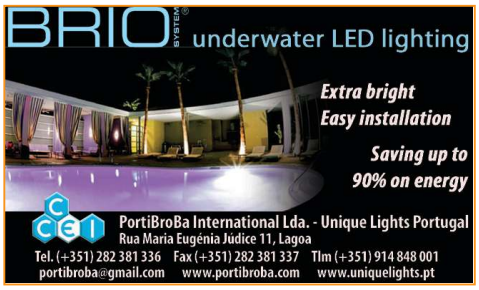

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GREATER GRACE INTERNATIONAL FELLOWSHIP has contemporary Christian gatherings on Sunday afternoons at 3rd Baptist Church, Rua Estacao 133, Porto, & Saturday evenings on the 1st floor at Confeitaria Palacio, Porto(across from the "Emergency" entrance of Hospital Santo Antonio); for meeting times, details and updated schedule visit www.NovaAurora.com, call 220 994 785 or send an SMS to 917 112 736.

RIVERSIDE PORTO INTERNATIONAL CHURCH – Oporto. A church that is fun and enriching; Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 contact @riversideporto.com or www.riversideporto.com

ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO. Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoporto.org

THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde), Service 10am, Salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntá-rios; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

JEHOVAH'S WITNESSES - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

Caldas da Rainha

ANGLICAN EVENING WORSHIP IN ENGLISH. At 6:00pm on the first Sunday of each month, except in August and January. Held in the Evangelical Baptist Church, Rua Dr. José Saudade e Silva 27/29 (between Caldas da Rainha Railway Station and 'Pingo Doce'. All welcome.

JEHOVAH'S WITNESSES - Public Talk in English. Rua Adelino Amaro da Costa, next to CERCIP. 2520 Peniche,Óbidos. Sunday 11am (1st & 2nd Sunday of the month). No collection.

No Greater Love

"Greater love has no one than this, than to lay down one's life for his friends." John 15:13

Sometimes when my husband and I are watching a movie together on television or in the theatre we witness a courageous act of self-sacrificing love by the hero or heroine. Deep, enduring love motivates him or her to make the ultimate sacrifice of life itself in order to save the other. More than once I have turned to my husband of 32 years during the climax of a film like this and asked him if he would make that kind of sacrifice for me. At other times, without my asking, he will turn to me and say, *"I would do that for you, Sweetie."* I believe he really would do so, though I certainly hope to never put him to the test.

I read recently about a First Lieutenant who was taking off from Boston Logan Airport. The plane he was flying in 1954 carried a load of munitions. Shortly after take-off, the plane lost power over the Boston Bay. He had only a moment to make a very serious decision. Eject himself from the plane and save his own life, or crash the plane into the bay and cause his own death. If he ejected, the plane would crash into a neighborhood filled with homes and families. Many would die. James Conway made the split second decision to give his life in order to save many people.

Jesus spoke the words we read in John 15:3. God the Father loves so much that He gave up His Son. Christ loved so much that He took our sins on Himself and died in our place. If the measure of love is found in what one is willing to give up for it, God's love should be our measuring stick. Nothing speaks more clearly of God's love than the cross of Christ.

*More information about how to have a relationship with God can be found at *www.rbc.org/personal_relationship_with_godpage*

Pastor releases new book and calls Saramago a fool

Pastor of the Riverside International Church in Carcavelos, spiritual home to over 200 people from at least 20 nations and as many denominations, Eddie Fernandes, released a 314-page book based on his Doctoral Dissertation in Lisbon this past week. Also this past week, José Saramago, the polemic Nobel Laureate released his latest book debunking God, the Bible and the Christian faith. The Pastor believes Saramago is clearly a foolish leader in Chaos who desperately needs God's grace and mercy.

From Chaos to Christ-likeness: developing leaders that last – an understanding of seven stages of spiritual development to help leaders finish well, is not a book intended for church leaders alone. The author defends the book will help anyone with any type of influence in any field become a better leader. He believes the vast majority of people who populate the pews of local churches in Western Europe and North America are not Christ-like at all. Unable to deal with the crippling stage of development he identifies as Conflict most leaders regress to a former stage of development instead of progressing past the pain to become all they can be. His goal is to help people move beyond Conflict, that comes to everyone and in all shapes and forms, especially from those within the body of believers for church-goers, to become the effective Christ-like leaders and role models this world urgently needs.

Social-scientific evidence from interviews carried out on 212 leaders in six nations, plus data gathered from a further 156 survey responses, proved the findings in this book to be 100 percent accurate. All 368 leaders experienced conflict and only those who navigated the developmental stage well went on to have significant impact in their spheres of influence.

The pastor-author further relies on his experiences as a speaker who has ministered in at least 45 nations to substantiate many of the claims he makes about the state of leadership and the universal Church. Not happy with the way things are going in Portugal he practiced the principles he advocates in his book by helping form a new political party based on Christian values to run for office during the October legislative elections. He also leads the Christian Motorcyclist's Association and Biker Church in Portugal while still finding time to teach English daily at a public school. His is a life devoted to loving God and people created in the image of God.

When asked why he released his book in the same time period as Saramago released *Cain*, an attack on God and the Bible, the pastor replied: "it wasn't intentional. I have been working on this book since 2004. However, Saramago clearly illustrates the type of leader I identify as living in Chaos. His chaotic thinking goes beyond a denial of God to the point of mocking a Person, a Church and a Faith that is dear to countless millions. His statements during the broadcast of SIC television news this past Friday night clearly demonstrated to the nation that he is merely a frustrated soul angry at the Christian God. He needs to experience the love, grace and mercy of God. May God forgive him. He is truly a fool, intent, as he implied, on being a heretic free to cause dissension. He believes he can say and write whatever comes out of his disturbed mind without any thought or respect for anyone else simply because he won a Nobel prize."

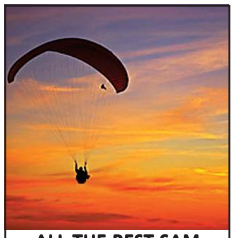
Readers of The Portugal News may order the pastor's book for the reduced cost of €20,00 plus mailing costs saving €5,50 on the regular price by writing to eddiejfernandes@mail.telepac.pt.

Dr. Fernandes signs a copy of his book at the release this past week.

Announcements

Alex leert beleggers beter beleggen, nu ook in Portugal.

Kijk op pagina 7 voor meer informatie.
www.alexportugal.nl



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CASA - IS a local social group established over 20 years. We are a friendly group who have a monthly newsletter and have at least one activity per month. These are usually dinners at local venues. We have an annual trip to either Spain or Portugal and various other activities. We are open to everyone. If you would like more information or a sample newsletter why not give Mary a call on 282 357 275.

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CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

TAVIRA TREASURE Charity Shop. Tavira Christian Centre. 126, Rua Almirante Candido Reis, Tavira. Come and browse. Come and bring. Clothing, Bric-a-Brac, Books. Open Wednesdays, 2.30–4.30pm or phone 281 322 857 for further details. Volunteers needed so we can open more frequently.

APAA CHARITY SHOPS. Cerro Grande, Albufeira open Tues-Sat 10.30am to 2pm. Dunas de Alvor open Tues-Sun 10.30am to 2pm. Good quality clothes, bric-a-brac, books, jigsaws, etc. Stock and new volunteers always welcome. Help us to help stray and abandoned dogs and cats.

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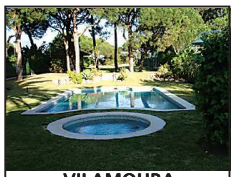

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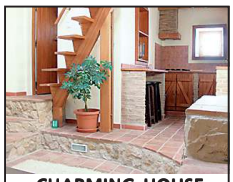

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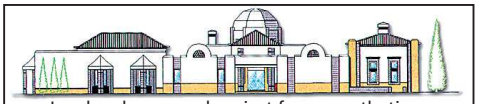

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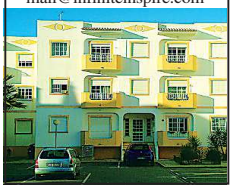

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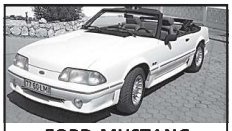

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Navy sends warship to lead Somali offensive

Portuguese Navy frigate Alvares Cabral is heading for the Somali coast to lead a NATO anti-piracy patrol, a military source said. The Alvares Cabral is part of NATO Maritime Group 1 and will command Operation Ocean Shield around the Horn of Africa from November 9 to January 25, an official in Portugal's military high command told the Lusa News Agency.

EDP *Renovaveis* profits up 19 percent

Portuguese renewable energy company EDP *Renovaveis* has announced operating profits of €70 million from January to September, a year-on-year increase of 19 percent. In a statement sent to the CMVM Portuguese Securities Commission, EDP-R said its boosted installed capacity has permitted a 36 percent increase in energy produced. The listed company's EBITDA grew 20 percent in the first three quarters to €368 million compared to the same period of 2008.

No Portuguese troops killed in Kabul suicide attack

A suicide attack on Wednesday in the Afghan capital that killed six UN staff did not result in the deaths of any Portuguese peacekeeping troops stationed in the country, military sources said. Portugal has a 144-strong contingent of military personnel serving in Kabul in the NATO-lead ISAF mission. The apparent Taliban suicide attack was on a guesthouse used by the UN mission in the war-torn country.

President chairs COTEC meet in Madrid

President Aníbal Cavaco Silva travelled to Spain this week where he presided over the closing session of the annual meeting of COTEC, an international business association devoted to innovation and competition. Before chairing the COTEC meeting, Cavaco Silva hosted a dinner for the Spanish royal family at the Portuguese embassy in Madrid.

Limit for vans' CO_2 emissions

The EC has proposed legislation to reduce the average CO_2 emissions of light commercial vehicles (vans) to 175 grams per kilometre. The proposal will be phased in from 2014 to 2016, and contains a long term emission reduction target of 135 g/km by 2020.

High-speed train for Faro

Within days of unveiling his new cabinet, which included a new minister for transport and public works, Prime Minister José Sócrates has now revealed the intention to build two additional high-speed rail links in Portugal, one of which will see Faro linked with the rest of Europe.

Coming at a cost of 2.9 billion euros, the Algarve capital will be linked with major high-speed rail networks in Portugal and Spain, a Government report has revealed.

While the idea in itself is not new, details of the report, published this week in the Diário Económico show that Prime Minister Sócrates will make the building of these high-speed rail links one of his cabinet's priorities, despite the current global economic crisis.

During his inaugural speech after the new Government was sworn in, the Prime Minister made it clear that he would not dilute plans to invest in excess of 60 billion euros between now and 2020.

Besides the Lisbon airport, new motorways and hospitals, the Government is looking to spend in excess of ten billion euros on the high-speed rail network in Portugal.

The first line, linking Lisbon with Madrid, is expected to be complete by 2013 and will come at a projected cost of €2.15 billion euros. That same year, the line linking Oporto with Vigo in Spain will also be concluded, having cost the Portuguese taxpayer an additional 845 million euros.

Two years later, the Lisbon-Oporto line will be finished and will also be the most important nationally, transporting an expected one million commuters a month and countless tons of merchandise between the nation's two major metropolitan centres.

This particular line is expected to require an investment of 4.5 billion euros.

The two new lines contained in Government proposals, will see Aveiro in central Portugal connected with Salamanca in northern Spain (costing 2.3 billion euros), while the second will see Faro linked to Lisbon via Évora and the rest of Spain via Huelva.

Estimates are that the train travelling from Faro will take under 30 minutes to reach Huelva and will have a maximum speed of 300 kilometres an hour, though it remains unclear where the train will cross the Guadiana River and what infrastructure will be used to do so.

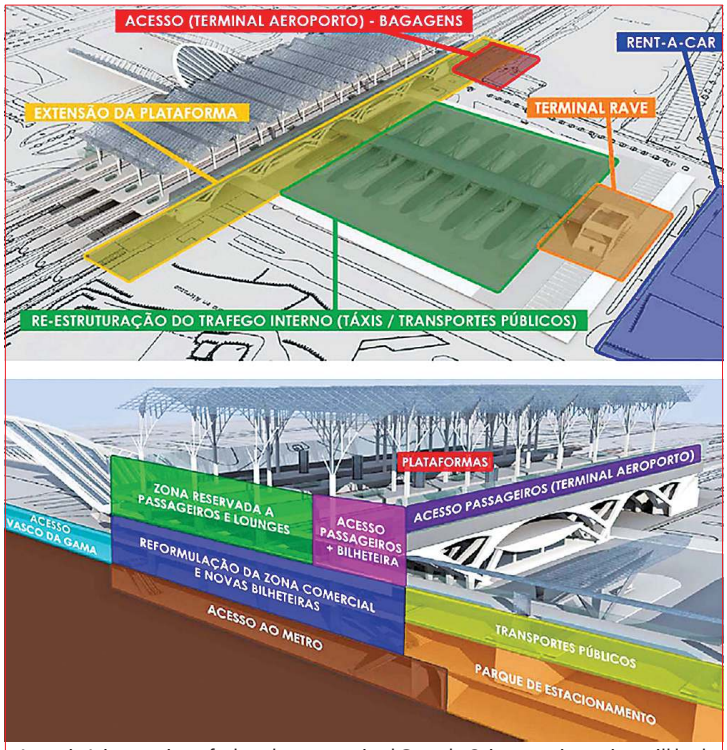
The 200 kilometre trip to Évora will take slightly longer than would be expected, covering the distance in a 'mediocre' 90 minutes.

The building of these two lines was first discussed at international level back in 2003 during the annual Iberian Summit, where they were agreed to in principal.

They were later included in a resolution presented by the Council of Ministers in 2004, with current opposition leader Manuela Ferreira Leite, the Finance Minister at the time.

In the meantime, new Transport and Public Works Minister António Mendonça is a staunch advocate of the potential benefits that could be reaped from major public investments and is already pushing to have these new lines approved.

It is believed the Minister will be working to the ensure environmental impact studies are conducted as soon as possible on these two new proposed lines in order to secure European funding for these high speed rail links as soon as possible and have them concluded within the next eight years.



An artist's impression of what the new revised Gare do Oriente train station will look like once it has been enlarged in order to accommodate the arrival and departure of high-speed trains. (Photo: Lusa)

Benfica draw level with Braga

After a convincing 6-1 victory over Nacional, Benfica are now on level terms with Sporting de Braga as the leaders dropped two points by drawing with Rio Ave. FC Porto now trail by two and Sporting by ten.

FC Porto played against Académica on Sunday night and continued their chase of the leaders by winning 3-2. Despite no goals, nor many opportunities, arriving in the first half, halfway substitutions changed the game completely and Mariano scored the first on minute 65. Less than five minutes later, substitute Farías showed no mercy to Académica's Orlando blunder and scored the second.

Miguel Pedro pulled one back shortly after but FC Porto secured their victory ten minutes from the end, with Farías scoring his second and increasing the margin by two goals. Sogou scored Académica's second practically on the final whistle.

Benfica annihilated Nacional on Monday night, beating them a staggering 6-1. Although the first half ended 2-1 to Benfica (goals from Cardozo, Saviola [Benfica] and Edgar Costa[Nacional]), the second half was extremely one-sided and a further four goals came from the 'Reds'. Cardozo scored his second via a penalty kick, followed by Saviola's second as well. With the score 4-1, Jorge Jesus waved four fingers at the rival's manager Manuel Machado, with whom he has had quarrels in the past. Two goals towards the end of the match from Nuno Gomes and Cardozo sealed the 6-1 result.

Sporting ruined their chances of closing the gap to the leaders by drawing against Vitória de Guimarães on Tuesday. Sporting has so far had a very poor 09/10 season, not being able to make a stance among the improved Benfica and the constantly great FC Porto, and squeezing in results against poorer sides. Such was the case on Tuesday, as Vitória de Guimarães were clearly the stronger side throughout the entire first half, creating more goal opportunities and having more possession of the ball. Luck seemed to be on Sporting's side though, as Matías Fernandez scored ten minutes from the end of the match and it looked as if the 'Lions' would squeeze three points again. But Vitória de Guimarães scored an equalizer in the last minute of the match, and the game ended with a 1-1 draw.

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Portuguese Cup draw

League leaders Benfica face a tough task to qualify for the final 16 in the Portuguese Cup after they were drawn to face Vitoria Guimarães in the draw staged earlier this week. Sporting will face a team who goes by the name of Pescadores da Costa da Caparica, while FC Porto will play lowly Oliveirense.

Queiroz invites nation to become champions

Portugal coach Carlos Queiroz has this week said he is convinced that the players he has are good enough to win next year's World Cup in South Africa. "If Greece could win the European Championships then why can't we be allowed to think big?" he argued. Portugal have not yet qualified for the World Cup and need to beat Bosnia in a two-leg play-off against Bosnia on November 14 and November 18.

Brazil call for Hulk

FC Porto striker Hulk has been called up by Brazil for the friendly match against England. He is joined in the squad by Benfica midfielder Ramires and defender Luisão.

Madrid said to want Ronaldo out of international action

Spanish media were this week reporting that Real Madrid have been attempting to convince the Portuguese Football Federation not to use the currently injured Cristiano Ronaldo in their crucial football play-offs against Bosnia. But their appeals are set to fall on deaf ears as Real Madrid, who lost 4-0 midweek to village team Alcorcon, are looking to play the world's most expensive player in the Champions League next week against AC Milan. Ronaldo was injured a fortnight ago playing for Portugal, having not quite recovered from an earlier injury.

Two wheeled action at the AIA

The final rounds of the Superbike and Supersport categories took place at the Algarve International MotorPark (AIA) last weekend, with rookie Ben Spies winning the Superbike Series and Cal Crutchlow winning the Supersport category.

Thousands of enthusiasts arrived in the Algarve to see which rider would become the world champion of the Superbike and Supersport categories, with the Portuguese Parkalgar team rider Eugene Laverty going into the event with a chance of clinching victory in the Supersport category.

In the first Superbike race, the event consisted of two races in this category, Spies kept his pole position the entire race and his closest rival, Haga, careered off, not managing to finish the race, giving Spies the chance of taking it easy in the second race. Despite beginning in pole position, Spies relied on a steady second race to claim his World Champion status, ending in fifth and winning the Superbike Series in his debut year: "This was a year when everything was new to me but at the same time filled with amazing stuff. I couldn't be happier with this weekend."

Cal Crutchlow arrived in Portimão with a 19 point advantage over Eugene Laverty in the Supersport series and the Parkalgar rider accomplished his main objective, which was winning at home and putting the pressure on Crutchlow. Unfortunately for the team racing at home, Cal Crutchlow managed his point advantage well and clinched the world title. Eugene Laverty, who ended the season seven points behind Crutchlow, was happy with his performance: "I did what I had to do, which was win. I want to congratulate the whole team for this victory which has a special feeling, as it was won at home."

Photo above right: US rider Ben Spies (C) celebrates after winning the Superbike World Championship race on a Yamaha at Portimão track on 24 October. (Photo: EPA/Luis Forra

See PORTUGAL play ENGLAND at WEMBLEY

The English FA are offering *The Portugal News* readers 2 tickets each week for the next 2 weeks to see the crucial qualifying match between England and Portugal Under-21s at Wembley on November 14th - kick-off time 12.30pm.

Don't miss this unique opportunity to see the stars of tomorrow in London at the new Wembley Stadium.

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